



“PREVENÇÃO DE DOENÇAS REUMATICAS”: THE SOCIAL IMPORTANCE OF ACADEMIC PROJECT

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BACKGROUND

The project "Prevention of Rheumatic Diseases" is an extracurricular project of the Extension Program of Curricular Activity (PACE), in which academics and professors of the Medicine course of the Federal University of Amazonas (UFAM), have the opportunity to guide patients with rheumatic diseases.

MATERIALS AND METHODS

During the week, medical students and teachers met in the waiting room where the patient would consult with the rheumatologist, and also in the reception room of the medical school. Students presented lectures at Power Point and distributed explanatory pamphlets on rheumatic diseases. In the end, the students answered and guided the patients and their families on the topics discussed. The students themselves with teacher guidance developed all explanatory pamphlets. They also participated in lectures and physical therapy students and physiotherapists of UFAM, where they collaborated with exercises and postural guidelines. We also did action in the "Ponta Negra" on Ankylosing Spondylitis and LES for the general population, and another action in the "Elderly Park" of the city of Manaus.

RESULTS

: Approximately 350 patients with different rheumatic diseases, on average 23-50 per meeting, were reached through the action. They were diagnosed with different rheumatic entities such as SLE, Fibromyalgia, Rheumatoid Arthritis, Osteoarthritis and Soft Tissue Rheumatism. Upon receiving verbal guidelines and the material prepared, the individuals were driven to greater therapeutic adherence, perceived subjectively in subsequent consultations. It has been observed that even patients who have been in rheumatologic follow-up for a long time still have many questions about their disease, facing fears, prejudices, and often without understanding the importance of lifestyle change for their well-being. Thus, the activities performed contributed to reflection of the patients about their illness, encouraging self-care and leading to a more satisfactory therapeutic response. The activities also provided a space to share experiences between the patients assisted by our service and these with the volunteer team, an opportunity that proved to be of great value both: to the health of the target population and to the medical training focused on the integrality of care directed to patients with rheumatic diseases.

CONCLUSION

Considering the chronic course of the addressed diseases and experiences during the project, we consider that it is of fundamental importance to empower the patient with the objective of improving the quality of life and contributing to a more effective and complete treatment.