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

Isabelle Louise Da Cruz Lopo de Figueiredo (Universidade Federal do Amazonas, Manaus, AM, Brasil), Ronaldo Almeida Lidório Jr (Universidade Federal do Amazonas, Manaus, AM, Brasil), Raissa Pires de Medeiros (Universidade Federal do Amazonas, Manaus, AM, Brasil), Rodrigo Duarte Machado (Universidade Federal do Amazonas, Manaus, AM, Brasil), Gabriel Pacifico Seabra Nunes (Universidade Nilton Lins, Manaus, AM, Brasil), Amanda Ellen de Morais (Universidade Federal do Amazonas, Manaus, AM, Brasil), Jéssica Alves Potulski (Universidade Federal do Amazonas, Manaus, AM, Brasil), Alenssandra Encarnação de Morais (Universidade Federal do Amazonas, Manaus, AM, Brasil), Lucas de Moraes Martind Pereira (Universidade Federal do Amazonas, Manaus, AM, Brasil), Rafael Assi Benvenutti (Universidade Federal do Amazonas, Manaus, AM, Brasil), Lorena Praia de Souza Bezerra (Universidade Federal do Amazonas, Manaus, AM, Brasil), Luma Ximenes de Oliveira (Universidade Federal do Amazonas, Manaus, AM, Brasil), Fernanda de Souza Henrique (Universidade Federal do Amazonas, Manaus, AM, Brasil), Laisa Ezaguy de Hollandia (Universidade Federal do Amazonas, Manaus, AM, Brasil), Sandra Lúcia Euzébio Ribeiro (Universidade Federal do Amazonas, Manaus, AM, Brasil), Rosana Barros Souza (Universidade Federal do Amazonas, Manaus, AM, Brasil)

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.