IFMSA Brazil | NOV 2016 1st issue

BMS brazilian medical students



Editorial

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Dear reader,

It's an honor to be part of and publish the first issue of the Brazilian Medical Students (BMS) and I'm truly full of joy as I write these words for you. This very first edition couldn't come in a better and more beautiful time to IFMSA Brazil than its 25th anniversary.

We launch this journal because we honestly believe there is a great academic and scientific potential in our organization. The articles express the quality and heterogeneity of a great and growing NMO like ours, and I believe and hope it is going to increase through time.

We received articles from several Local Committees and a little from each part of Brazil is represented in these pages. Thank you for all your contribution! May it be only the beginning of the description of IFMSA Brazil's actions and may this path be full of growth - personal and institutional.

In this edition, you are going to find assorted themes of projects, campaigns and events, as well as experience reports from exchanges provided by IFMSA Brazil. There are both well established actions and innovative ones - all of them very well reported by our Local Coordinators. The range is wide!

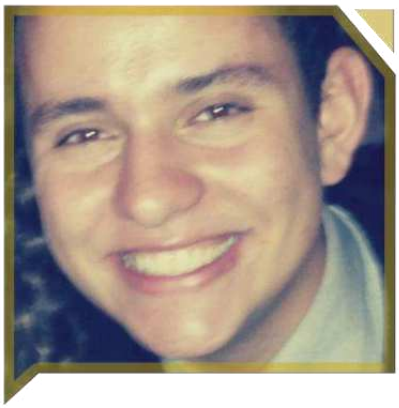
A great deal of work has gone to this issue to make it a reality and it wouldn't be possible without the Executive Board Directors, nor all the friends I have here and all the Local Coordinators who took part on it. Thank you all for the affection, help and for this unforgettable journey it's been this year.

Without further ado, I present you, here, 25 articles proudly selected to celebrate this special date - one article for each year of this great story! I hope you all enjoy them and I wish you a pleasant reading time!

With all my love and best wishes,

Thays Brunelli Pugliesi

President's Message



Matheus Eduardo Rodrigues
National President
IFMSA Brazil 2015-2016

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Dear Reader,

It is such an honor that I am presenting you the 1st edition of IFMSA Brazil's publication: Brazilian Medical Students (BMS). It symbolizes a new era in IFMSA Brazil: an era of the increment on research and publication in our great federation.

Throughout the 25 years of IFMSA Brazil, we can notice its constant increase and evolution, reaching levels that represent the real acting of brazilian medical students. It's obvious that research and publication should be part of this evolution. This issue is a unique opportunity to show that your exchange can go beyond the limits of labs and surgery rooms. It came to show us that our local actions can be widespread all over the country and that our activities have a real impact in our society.

This first edition can symbolize the motivation, dedication and enthusiasm of medical students all over the country. This issue share the experience of different local committees, brazilian regions, views and standing committee projects.

I would like to thank to everybody who submitted their incredible work and encourage to share it in the next editions. Also, I would like to thank the awesome job of our Publication and Research Support Division and, of course, our lovely PRSD-D, Thays. Without her great work and dedication, nothing of that would be possible.

Finally, I'd like to wish you a pleasant experience surfing through the following pages. I'm quite confident that it will be an enriching experience that will only add to our knowledge and change our minds. We will be waiting for your feedback and contribution to our next editions of BMS.

Warm Regards,

Matheus Rodrigues

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THE CONTRIBUTION OF THE BRAZILIAN NATIONAL EXCHANGE FOR THE MEDICAL TRAINING: AN EXPERIENCE REPORT

Maria Flávia Vaz de Oliveira[1]; Daniel Sousa Costa[1]

[1]LC PUC-GO

Exchange programs are characterized as temporary extension activities of educational, cultural and scientific nature that have contributed to complement the academic training. Through these programs, students get to know other places, people and professionals and establish an integrated knowledge exchange. The exchange provides students personal growth, as well as a more critical and reflective training. In this context, this article aims to describe the experience of medical students during a Brazilian national exchange and discover about the opportunity for students to broaden their knowledge of the social and health conditions in the country.



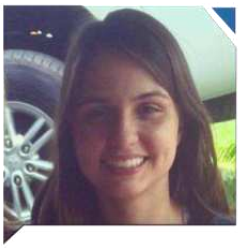


This is an experience report of the first medical students of PUC Goiás to conduct national exchanges, mediated by IFMSA-BRAZIL, through the Standing Committee on National Exchanges (SCONE). Two students followed the activities of the Obesity Surgery and Related Diseases (SCODE) at the University Hospital Onofre Lopes (HUOL) in the Universidade Federal do Rio Grande do Norte (UFRN), in Natal/RN.

During the last two weeks of January 2016, the students accompanied surgeries, clinics and nursing during their internships. The monitoring of bariatric surgeries in SCODE led students not only understanding current techniques of surgery by videolaparoscopy, but also strengthened the commitment to teaching-learning hospital to provide an environment in which tutors teach techniques and theories efficiently to residents and exchange students. In clinics, pre-operative care, especially nutritional and psychological, was offered to patients. There, the students were able to contact the patients, in order to try to understand their challenges. In the wards, the contact was with the patient who was in the postoperative period and needed guidance and specific care. For this type of assistance, SCODE has the integration of surgeons, psychiatrists, nurses, psychologists, speech therapists, nutritionists, physical educators and occupational therapists. Faced with this team, academics realized in practice, the importance of a multidisciplinary team in health services and developed integration capabilities and feelings of community.

In order to complement the experience, academics met the sights of the city and came into contact with the local culture. All tours were rich and fruitful experience.

The exchange offers students a unique, cultural and professional experience that enriches not only the curriculum, but their lives too. To observe procedures, approaches and behaviors, through a new perspective, promotes relativism and reflection necessary for the formation of a more complete, savvy and efficient professionals. National exchanges represent a great opportunity to know the different realities of medicine in Brazil, which allows students to expand their knowledge about the social and health conditions in our country.





EQUITY HEALTH: AN IFMSA BRAZIL'S EXCHANGE EXPERIENCE IN THE AMAZON

Daniela Esteves Temporim[1]; Marcello José Ferreira Silva[2]

[1] LC FAMEMA; [2]LC UFPA

In 1988, it was promulgated the National Constitution which established health as a citizen's right and State devoir. This legal commitment thrived with the creation of the Public healthcare system as it is today- "S.U.S." -, structured by Universality, Equity and Integrality as principles, therefore, aiming to grant massive population access to services and assets that should guarantee health in a whole and equitable way.

However, concretion of the three virtues that substructure SUS has proven itself at least challenging when taking into consideration the State's
broad territorial dimensions and vast natural scenarios. How to, thereby, enable SUS extension covering riverside families and to those who reside isolated by hundreds of kilometers from the closest family healthcare unit (E.S.F.) or city center?

Intending to better know the reality of the riverside inhabitants, IFMSA Brazil, through its national Exchange program, provided students the opportunity to take part in a Primary Healthcare Unit in a riverside community, responsible for 1300 families, in the sweeping Ponta de Pedras' county, situated in Marajo's archipelago- belonging to Pará's province.

According to researchers, riverside communities contribute demographically to Pará's province with an amount of 40 thousand families - spread kilometers throughout rivers, *igarapés* - living, therefore, riverside, adjacent to streams and in thickets. Lacking company/piped water, there is disseminated fluvial dependency for simple daily activities such as cooking, taking showers, dish and clothes washing.

The intimate relationship of this population with the water presents itself as an important direct and indirect cause for the most common diseases found in their scope. Recurrent amongst these women, bacterial vaginal discharge is consensually - for local health workers - result of the habit of wearing wet clothes for hours, while children are frequently bothered by parasites - *Entamoeba histolytica, Giardia lamblia e Ascarides lumbricoides.*

Another fundamental concept when trying to understand the riverside community picture is perceiving the extreme importance of unusual means of transportation. Canoes and boats are mandatory when it comes to moving alongside the streams - from their houses to the healthcare unit, school, market, church, neighbors, city center, other cities, - and are, hence, essential for their living.

Confronted with watercourse logistics and the economic condition one should rapidly notice the impairment of Universality for the population living there. The gas/oil price comes into account as a major factor for these low income families which need to confront the long distance between their houses and the basic healthcare unit. The Family iterant basically faces the waiting strategy with either recovery of the ill, spread of the disease to other members or aggravation of the condition – seeking assistance only in the last two outcomes - all justified for gas saving.

Comprehend public health as a fundamental human right is to prosper in the concepts of health in its integral form, building up the human being in consonance with his peculiar way of life. For this reason, the experience with the riverside community corroborates with the active quest commitment for the medical formation in agreement with the necessities of all people.







INTERNATIONAL EXCHANGE IN CENTRAL BRAZIL: REPORT OF THE FIRST HOSTING EXPERIENCE OF LOCAL COMMITTEE PUC-GO

Icaro Elias Gualberto Santos Julião[1]; Maria Flavia Vaz de Oliveira[1]; Franklin Roberto Dutra de Souza[1]; Liza Dias Baptista Amaral[1]; Marcus Vinícius Milk

[1] LC PUC-GO

From medical graduation to professional excellence, beyond theoretical knowledge, practical and interpessoal living are required. In late 2014, the Local Committee of Pontifical Catholic University of Goiás (PUC-GO), in Goiânia, Goiás State, acquired full committee status. We report here our experience of receiving 9 exchange students through SCOPE program, which is also our committee's very first experience hosting, experiencing the new from both sides, guest and host.

Eight incomings, distributed in several departments, were received. They were two from Colombia, three from Mexico, one from Denmark, another one from Romania and one more from Russia. Fulfilling the 3 quoted as the main objectives of exchange was pursued: academical quality, intercultural sensitivity and social programs. To do so, we have settled daily dialogues with tutors and co-tutors, visits to sightseeings, transportation and integration parties with the group and our college colleagues.

Beyond the rich cultural experience, the group shared information about medicine formation and practice in their respective countries, from differences in the course methodological design to peculiarities in residence. Similarity aspects were also identified, such as the bureaucracy in the public health system in latin america, and a paradoxical self-reported admiration for the speed in the Brazilian System in certain specialties.

Some location related singularities are worth to tell. The wonderful Ecotourism in Chapada dos Veadeiros contrasts with the "in development" state of country Brazil: lack of mobility solutions like subways and a solid cultural agenda, with our few museums and art driven places. Sadly, the contrasts of our poverty sometimes is what makes the experience more medically rich - as the opportunity to meet and caring of american trypanosomiasis ("Chagas disease") patients, true semiology

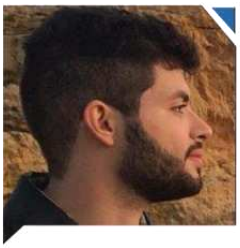




laboratories, due the endemic reality of the disease in Goiás state.

With this experience, we note that exchanges constitute unique opportunity of knowing different health and teaching systems, medical updating and health care practice of different scenarios and the opportunity to do so without the need of leaving home as a host. It all justify being part of IFMSA and keep promoting exchanges in our university. Hosting is also an exchange: from perspective, giving us the ability for seeing your home from another point of view.





NETWORKING IN EXCHANGE FAIR: AN EXPERIENCE REPORT

Ernesto Caballero Carrillo[1]; Victor Leal Garcia[2]

[1] Universidad Católica de Asunción – UCA, NMO IFMSA Paraguay; [2] LC CESUPA

The exchange fair is a gathering of the NEOs and NOREs from every country in the world, showing the best of each one for every participant. It took place in Malta, during the March Meeting 2016, and let us tell you guys: It was awesome!



During the exchange fair we have the opportunity to know a little bit of every culture, and not only that, but also how are the exchanges in some countries. People told us about their hospitals, about the way they do this incredible art we call Medicine, and you can barely imagine how different it is!



The exchange fair starts first with the National Officers of Exchanges, arranged by the Regional Assistants and the Directors of SCOPE and SCORE, showing the best of each country, giving away little gifts and stickers, tasting typical foods and candies, sharing stories. Making friends.

First, you set your spot, flags, sweets, typical! Try to imagine now how would you do it! Then you start to talk to everyone, going around almost a HUNDRED countries! Seeing a little of every corner of the world. We got pretty surprised! And finally, going on with the exchanges, telling how you handle them, and learning about the others.



THE IMPORTANCE OF MATERNAL EXCLUSIVE BREASTFEEDING: A CAMPAIGN IN BELÉM BASIC HEALTH UNITS

Manuela Nascimento de Lemos[1]; Felipe Lima Alcolumbre Tobelem[1]; Beatriz Holanda Gonçalves[1]; Daniela Vale Dias[1]; Emanuely Magno da Silva[1]; Beatriz Samara Lemos e Silva Gualberto

[1]LC UFPA

Breastfeeding is considered one of the fundamental pillars for the promotion and protection of children's health around the world. Breastfeeding should begin early, be exclusive until 6 months of age and be maintained as a food supplement until the first 2 years of the child's life - because of its nutritional, immunological, cognitive and social benefits. Nevertheless, studies show alarming statistics related to poor adherence to breastfeeding, especially the exclusive one - even though it is a World Health Organization (WHO) recommendation. Thus, the Local Committee UFPA from IFMSA Brazil developed the Exclusive Breastfeeding (EBF) Project, which aims to inform pregnant women and nursing mothers of Belém, Para, about the importance of exclusive breastfeeding.

The preparation of the participants for the project took place in a form of a training, conducted by a nutritionist, and the actions occurred at two Basic Health Units (BHU), where volunteers distributed leaflets and talked to mothers about the importance of exclusive breastfeeding and breast milk donation. If they wanted so, it was done the register to become a donor. Alongside, it was conducted a competition with elementary school students in a public school of Belém, aiming to collect glass jars to store the donated milk, a great difficulty of milk banks. A profile was created on a social network (Instagram), to give visibility to the project, providing information about EBF and sensitizing mothers to become donors.

The activities at the BHU sensitized pregnant women and nursing mothers about the importance of exclusive breastfeeding and the correct way to do it. Moreover, the success was noted when we realized that we had more than 30 new donor registered and more than 120 collected pots. The online campaign was also very successful, getting 650 followers on your Instagram profile in two weeks.

The project goals were achieved due to the interest shown by women, the scope of the information disseminated and the adherence of students to the dynamic proposals. In addition to contributing information, the project fomented in women the desire to donate, as elucidated the importance of this act not only as altruism, but as an act also beneficial to the mother. The dynamic at the school talked about common childhood diseases, contributing to the healthy growth of children. Thus, the EBF project showed that is an excellent health education agent.



THE BLOOD DONATION IN THE SOLIDARITY PRANK AS AN WELCOMING RECEPTION TO THE RECENTLY ADMITTED STUDENTS IN MEDICAL SCHOOL: AN EXPERIENCE REPORT

Amanda Conceição Lopes[1]; Bárbara Alves Campos Ferreira[1]; Eduardo Augusto Borges Primo[1]; Janiny Pereira de Ávila[1]; Laysslly Cristina de Almeida Lopes[1]

[1]LC PUC-GO

The Solidarity Prank emerges in order to rescue, in the newly admitted students in the university, the selfless vision that concerns the medical profession in all its aspects. Accordingly, this activity, performed by members of IFMSA Brazil - Local Committee of Pontifícia Universidade Católica de Goiás, early stimulates the mindset of donating yourself for the sake of others, in addition to contribute significantly to increase the blood supply of the bloodcenter in Goiás. Such campaign introduces the new academic in the world the self-giving attitude, social concern and empathy, which underlies the medical course.

Campaign organizers established contact with bloodcenters to provide bus for the blood donation collection. The advertising was made through social networks and the distribution of fliers with guidelines regarding Solidarity Prank. Also, the Department of Medicine helped sending emails to students as a reminder of the donation. This campaign was carried out for two consecutive years (March 2015 and March 2016) and has woken up the interest in donating blood and medulla registry, as well as the establishment of it as a habit of the participants. Besides, clarifications and guidelines were used as mechanisms to remedy any uncertainty about the donations.

During the two campaigns, about 40 freshmen donated. After orientation, it was unbelievable the amount of people who reported not donate blood for believing in taboos/myths. They still have become multiplying beings of this new knowledge, and therefore carried to others health promotion whom, as the participants, had no true acquaintance of. It could also promote integration between them and the other students and included them in the reality that is the medical student's world. Furthermore, it has been obtained as a result the guidance and training of students about blood donation and its multidimensional relevance, clarification of doubts and contribution to the development of knowledge, skills and attitude in all future physicians of the university in question.

The human being is the irreplaceable holder of the raw material for transfusion, we have the power to generate life through life. To donate blood and make the medulla registry are forms of human detachment; the ones who do it have the sole and exclusive nature of doing good. Raising awareness of the importance of donating blood and medulla is a personal growth experience.



MENTAL DISORDERS: UNDERSTAND IT, DO NOT REPROVE IT

Luna D'Angelis Barbosa de Albuquerque[1]

[1]LC CESUPA

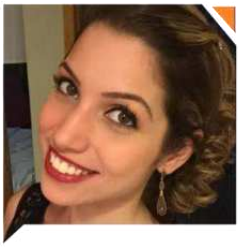
Mental disorders are defined as abnormal conditions or impairment of psychological, mental or cognitive order. Unfortunately their incidence grew a lot in the last century due to the transformations the world has undergone, making routines increasingly more extensive and often, stressful. However, only recently, in 1996, it was recognized as a serious health problem, when researchers at Harvard University and the World Health Organization (WHO) published a study proving its relevance. People affected by mental disorders are often victims, suffering a range of onsets, like exclusion at work, prejudice, social isolation and marginalization.



Some of them are widely known, in particular for medical students, who have high incidence rates of anxiety, depression and even burnout disorders. The intervention was designed to tackle these issues and raise awareness about mental disorders, their diagnosis and treatment, and to contribute to the acceptance of the general public about these disorders.

The campaign was held at the Republic Square in Belém, Pará. The project was developed in stages. First, a day for the capacity building of the participants in which through proper training provided by a psychiatrist, it was learned about the disorders related to mental health - what they are and how to identify them. In the day of the campaign, it was distributed educational pamphlets that address mental health disorders for those present in the square in order to guide them about the importance of identifying and how wrong is to rebuke it.

It was visible the interest of most people approached on the matter, reporting cases of people close to them with the above symptoms and reassessing its stance on these. Many had no knowledge some behaviors may be pathological in the case of mental disorders, and clearly understood the role of all these factors to work in a complex disorder. Some questions about the care and treatment sites have emerged and have been duly informed, and ratified by leafleting. The approach proved to be effective, insightful and thought-provoking on both sides.



CLEANING TODAY, HEALTH TOMORROW

Bianca Azevedo Parreira Martins[1]

[1]LC CESUPA

The relationship between health and cleanliness and the importance of hygiene may end up being ignored, or at least overlooked in a daily basis. It's clear that many activities in our lives require us a certain agility - and this hush is one of the main causes of inadequate hygiene practices and a gateway to future infections. It is true that pathogens are present everywhere and proliferate in the dust, moisture and environments where cleanliness is poor. Care and sterilization of products handled by many people and periodic cleaning and maintenance environments, as well as personal hygiene are critical in the prevention process.

Raising awareness to a simple change of habits can change this global reality. Our main target group were the children, whereas hygiene habits are learned in childhood and then played to adulthood, as has palliative. Our goal was to convey in a playful manner oral and body hygiene notions for the next generation. The action was set explaining to children the importance of hygiene and disease prevention and exposing situations in which hygiene is necessary for the health and well being. The initiative was to address didactically characteristic of childhood diseases.

In an illustrative design and colorful balloons to arouse the curiosity of children passing close by, we demonstrate how to wash the hands, bathing habits, how to tie the shoes, to clean the food before eating, brushing the teeth and additionally some curiosities such as the brush / comb used by children should be sanitized weekly and related diseases they not realized.

The beginning of the approach was by delivering balloons to children who were accompanied by their parents. After the initial presentation of the team, we explained to each parent hygiene habits that they should have with their children regarding the preservation of the current and future health of their kids. We were surprised several times with relevant questions asked by people, which made the knowledge that was being passed satisfying.

In the end, the theme choice was assertive because it is an issue that prevents future diseases that could affect both parents and children.



NUTRITIONAL EDUCATION PROJECT

Everton Bruno Castanha[1]; Hellen Meira Gois[1]; Beatriz Schmidt Dal Berto[1]; Lucas Cardoso Ferreira[1]

[1]LC UFMT

The concern about chronic diseases related to diet and fat body has grown in recent years with the high frequency of diseases such as high blood pressure that has already reached a quarter of Brazilian population, for example. Cuiabá, the city of realization of the project, is Brazilian champion in the consumption of meat with fat excess, both among men and women, and moreover, ranks fifth in the category of overweight women and second place in the category of obese women. The main cause for these terrible eating habits that cause this condition is the lack of information or misinformation. The Nutritional Education Project aims to inform population about the subject in order to empower them to improve their eating habits.

The execution of the project was made according to the following steps: training of participants, target group registration and intervention through lectures and workshops. The trainings were conducted by professionals, approaching topics such as anthropometric data, obesity, lipid metabolism, proper nutrition, fiber and intestinal microbiota, hydration, dietary restrictions for risk groups, additives and food industry.

In sequence, data were collected from residents of the neighborhood Santa Izabel, in the city of Cuiaba,MT. Among the information recorded, there were anthropometric data, blood pressure, blood glucose, physical exercise, alcohol use, tobacco use, family income, food's point of purchase, and three standardized questionnaires: Food Consumption Frequency Questionnaire, Algorithm for classifying the behavior stage of change in relation to the consumption of fruits and vegetables and the 24-hour dietary recall food.

After that, three days of activity in the community of the district center were performed, where were given lectures on the topics students were previously capacitated and with distribution of vegetables to the community. Healthy cooking workshops took place and it was served a nutritious lunch.

About 285 residents were approached, 182 women and 103 men, and 18 participated in the workshops in total. In the reregistration stage, an interview was conducted with 18 participants a week after the end of the workshops and it was found that 33% of those included the recipes presented in their eating habits. Moreover, 33% of them demonstrated improvement in eating habits and 11% had clear improvement in health. However, despite the good reception of lectures and workshops for the population, there was maintenance of harmful eating habits even with the implementation of new beneficial.

The action was effective to alert the population about the dangers of poor diet and also stimulate a change in the feeding behavior.Changes in eating habits are hardly adhered and long term occurring, therefore, the effectiveness of the activity could not be quantified entirely. In conclusion,in spite of several difficulties, we achieved awareness and reflection about the bad eating habits so present in modern life.



CIRANDA PROJECT: AN EXPERIENCE REPORT

Felipe Ferraz Trindade[1]

[1] LC HIPMoc

It is a fact that the world's attention has turned to improving infant health care. However, many regional discrepancies deprive a huge range of children of reaching their maximum potential for physical, mental and social development. Arguably, much of the development of the cognitive potential of individuals occurs during early childhood. Thus, it is of fundamental importance the development of social interventions that address factors such as balanced feeding, since exclusive breastfeeding until the balance of the child's diet; prevention and early detection of diseases; attention to children's routine and creation of a framework to encourage education and life planning.

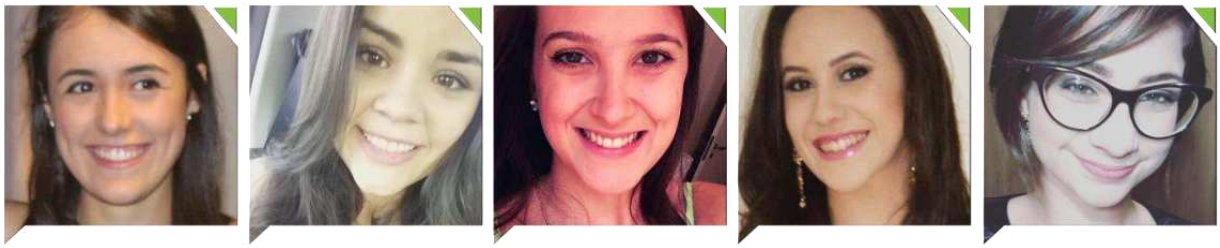


In this scenario, medical students aim to promote health in children and young people exposed do restrictions of resources, to encourage appreciation of early childhood education and to guide the family nucleus about the general child's health state.

The project was conducted in partnership with the Ministry of Child of Montes Claros, Minas Gerais. The range was about 150 children. The organizing team was composed by twelve students of Medicine and fourteen volunteers. The support team had pediatricians, dentists, physical educators, psychologists and police officers. The activities were held weekly between May and October 2015. These actions consisted of focused programs to different areas such as interactive reading and execution of school tasks, baby nutrition and sports, oral and body care, drug resistance and family placement, domestic accidents and future planning.

During the six months that have passed during the project, the social impact on the population acceptance was amazing. The increasing engagement of the community led the restructuring and expansion of several meetings due to the great demand and served as proof of the great value of interventions. Reports collected by the Ministry of Child after the realization of the project showed significant improvement in life quality of the local population, as well as decrease in the rates of domestic accidents and truancy. Developments concerning the personal and oral hygiene, feeding, attention to child's routine and future planning was reported even during the project, showing that the information provided was consolidating in knowledge and caused massive repercussions in a great part of population's routine.

Thinking about the child and family education as a strong instrument of social change, "Ciranda Project" went beyond the paternalistic care and materialized activities of great educational value to the population. Noting that childhood concepts and individual values are still in the construction process, encouraging the inclusion of children in a stimulant environment for the physical, mental and social development was the greatest achievement of the project, proving that simple actions can generate significant repercussions in community.



EXPERIENCE REPORT: CHILDREN'S DAY HELD AT THE CHILDREN'S HOSPITAL OF LONDRINA, PARANÁ, BRAZIL BY MEDICAL STUDENTS OF THE PONTIFICAL CATHOLIC UNIVERSITY OF PARANA - LONDRINA CAMPUS

Fernanda Bortolanza Hernandes[1], Carolina dos Santos Vengrus[1], Sabrina Hernandes Conceição[1], Gabriela Batista[1]; Fabiane Martins Mendes[1]

[1]LC PUCPR - Londrina

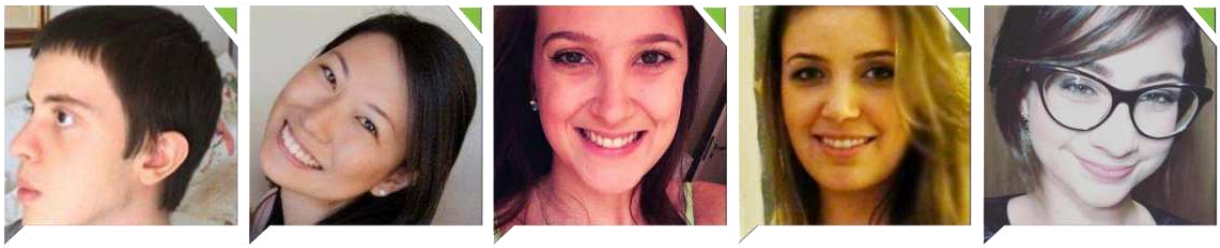
Hospitalization can represent a stressful experience for children. It is an unknown and strange environment, particularly due to the absence of family members. For this reason, the humanization of the hospital environment and its subsequent processes, by respecting the specific needs of children— such as playing and laughter— embodies a key detail in the caretaking of children, not only in relation to health, but also to a complete psychological, social and physiological spectrum.

A basic capacitation for the activity was held at PUC PR Londrina, where the coordinators presented the necessary information for a successful experience, as well as studies about the benefits of recreational activities and games for hospitalized children. All participants met each other in front of the Children's Hospital of Londrina wearing cheerful and colorful clothes and props in order to better interact with children. The students were splitted up into smaller groups and interacted with children inviting them to hear stories, color in drawings, and distributed gifts. The objective was to transform the hospital environment, especially for children, into a place more pleasant and relaxing by lessening the traumas associated with illness and alleviating suffering with the help of games and other distractions.



Although the action was limited to children, meaning there were many cases of precautionary contact, which led the participants to deal with matters attentively and cautiously, the objectives of the action were achieved. The results were immediate. As the children participated in the activities, their mood lightened and they became more cheerful and peaceful with the students. With the delivery of the gifts throughout the hospital, family and patients demonstrated a positive and blissful reaction, for it was made evident that now even hospitalized children could celebrate Children's Day.

Through the opportunity reached as the students closely observed the reception of patients in a children's hospital, the action aided in the professional developmen t of the participants. It was extremely rewarding to contribute at a time of such fragility being unique the direct contact with patients and their parents.



ENVIRONMENTAL INTERVENTION ON THE THEME "PLANTING THE FUTURE" CARRIED OUT BY MEDICAL STUDENTS OF THE PONTIFICAL CATHOLIC UNIVERSITY OF PARANA - LONDRINA CAMPUS

Fernanda Bortolanza Hernandes[1], Carolina Itimura Hayama[1], Graziela Leal Cardoso[1], Sabrina Hernandes Conceição[1], Rodrigo Rosa Gameiro[1]

[1]LC PUCPR - Londrina

Deforestation is the process of total or partial removal of vegetation in a determined area. Usually, this process occurs for economic purposes, aimed at the commercial use of wood from the trees and also to the use of land for agriculture and livestock. The process of deforestation is a global problem, posing a threat to natural resources, the environment and the ecological balance of the planet. Londrina, in Paraná, has a planting campaign, called "Planting the Districts", which was established in 2015, where there is encouragement to the residents of neighborhood for planting trees near their home areas. In addition, the municipal environmental department promotes reforestation of deforested areas. In this context, members of local committee PUC PR - Londrina, could make a difference helping to plant tree seedlings near the campus, where people are able to keep up the growth of them. Therefore, the objective of this action was to promote reforestation of deforested municipal area and monitor the growth of trees.

In partnership with the Municipal Department of the Environment, our committee held the action in an area close to a stream. Garbage dump was targeted, which ended up polluting the stream that ran near the site. Thus, students planted about sixty saplings of various kinds of trees. The local community, seeing our actions, thanked for our initiative, emphasizing the importance of such attitudes to protect the environment. Moreover, in order to follow the growth of the trees, our committee organized visits to the site of action, to water the plants and assess the state of the seedlings.

The results of the action are only being seen now with monitoring the growth of trees. However, we realize that the action was successful, since the planted trees are growing and the population has not dump anymore waste at the site.

The action was positive and showed promising results for the local community, as the planting promoted the recovery of deforested area and prevented the pollution stream to continue happening. We realize that actions like this help the local community, but also collaborate with the protection of the our city environment and the health of citizens.



FREE HUGS CAMPAIGN: FEELINGS APPEARING IN RELIEF OF A HUG

Jéssica Lopes Montozo[1]; Isabella Fernandes Fornari[1]; Leticia Maria Modes da Costa[1]

[1]LC Facisb

Nowadays, it's visible that human relations are more and more distant and superficial. In this scenery, members of the Local Committee of Science of Health College of Barretos (LC-FACISB), performed the internationally known campaign, FreeHugs, to highlight the importance of a simple hug and what it can offer to the population. The objective was to create a mutual well-being, encouraging other Local Committees from IFMSA Brazil to perform actions involving demonstrations about Kindness and Fraternity and relate the experience of participants through their testimonials.

The campaign happened in Barretos, a city of São Paulo, at the Specialized Medical Clinic (AME), the City Shopping Mall and the Cancer Hospital of Barretos. The students participants are divided into smaller groups with about 5 to 7 people, and each group had the responsibility to stay at one place between the days 14th to 17th of March, 2016. Participants prepared posters with phrases in order to demonstrate the goal and the importance about the actions. This way, each group visited the places with the intentions of approach people and offer them a hug.



The reactions were very gratifying. Most people became thrilled, thanked and others refused the hug. For the participants, the experience was aggrandizing e for some indescribable, the act of hug promoted a sensibilization and mutual gratitude. It was requested to some participants a short report about the campaign, seeking to exemplify the gratitude, not only from the public reached, but also the members filiated of IFMSA Brazil.

Some testimonials reported that they "became happy, surprised and thrilled to see how much our attitudes are able to reflect on the others". Some said that "in this moment of intolerance, prejudice and radicalism in our country, to invite you to sow this good feeling with these simple attitudes, carries positive energies to never let us discredit our humanity". Others reported that "it was single experience".

The addressed public and the participants were grateful for the action, showing their emotions by crying, smiling and seeming surprised; they showed affection, trust and attention. For most, this was a commendable move and that needs to be performed often in this world of alienated technology, exhausting work and lack of hope. And, lastly, everybody reaffirmed the phrase contained in some of our posters: "The best place in the world, is inside of a hug".





ANIMAL ASSISTED THERAPY ON THE MEDICAL EDUCATION

Alina Simas Silva[1]; Leticia Sanches Leite[1]

[1]LC UFPA

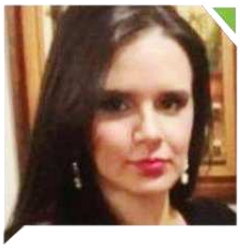
Autism and Down Syndrome (DS) are known behavioral changes that occur in the whole world, independent of social class and, unfortunately, still lead to social exclusion of children and youngers, mainly because of prejudice and low professional attendance. It affects directly the psychological development and treatment efficacy. The Animal Assisted Therapy (AAT) consists of activities carried out with animals' assistance during each step of the therapy. It has defined objectives and a multidisciplinary team, aiming to complement the conditions' treatments. The *Iluminar Project* aimed to help children and youngers with SD and autism to overcome limitations, using the AAT. Beyond, training medical students with diverse kind of Capacity Building and trainings to deal with different publics and make them professionals that are more compassionate.

The *Iluminar Project*, developed by member of IFMSA Brazil - Local Committee of the Federal University of Pará (UFPA), had the support and planning of *Entrelaço Project*, consolidated in the Amazon Federal Rural University (UFRA). There were one phase with autism and other one with DS that happened in four weekly sessions of AAT, about 1'30'' each, at the sports court of UFRA.

All the sessions had educational games, thoroughly prepared. Moreover, recreational activities were performed with a presence of three dogs. Medical students have participated with *Entrelaço* professionals of Capacity Building to learn how to work with this public.

The approach with animals made the development of activities easier, promoting inclusion and providing physical and cognitive advances. Medical students had close contact with the public, showing the importance of the doctor-patient relationship for professional life – a rare opportunity in the University. It was fundamental to assist the treatment of behavioral disorders and improve medical education. With this kind of project, students can realize that children with special needs are not limited to diagnosis, can reframe the perspective of rehabilitation and understand the reality of patients and family members, who will need not only the doctor's ability, but also his humanity.





GROWING OLD IS LIVING, GROWING OLD IS TO BE REBORN

Bianca Coral Donis[1]

[1]LC UEPA

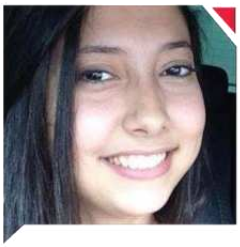
Due to the development of medicine and advance of technologies in the field of health, life expectancy has increased exponentially in recent years. Along with the growth of the elderly population, also came the typical ailments of age, known as non-communicable diseases (NCD's) such as depression and anxiety disorder. Among the causes of these diseases are environmental factors like abandonment by family or abuse and physical factors like limitation of movements caused by chronic diseases. Thus, the whole society has to pay greater attention to these seniors, in order to prevent the development of diseases.

In this scenario, the action "Growing old is reborn" aimed to promote interaction among medical students and the elderly population of Pará state and their families, clarifying the risks for the development of NCD's. The campaign was structured in order to adjust and improve the vision of the population about elderly people, as well as the vision that the elderly have about themselves, and to promote mental health in individuals who are going through the aging process, raising awareness of the importance of adequate treatment.

A training course was held for students who would like to participate in the action, in which they discussed several topics on aging, such as: the most frequent psychological diseases in this age group, how to diagnose them, therapies and more appropriate leisure activities, among others. After that, participants guided people addressed on the topic, clarifying possible questions, asking about their relationship with the elderly, explaining about the best way to treat them and indicating options of activities and therapies that provide well-being.

The elderly people and their families were also entertained by the participants, who could give them moments of joy and relaxation. They had fun and showed curiosity with some questions asked based on the Mini-Mental State Examination and thus got to know a little more about the diagnosis of dementia and depression.

The action had a very positive result. Among the people who approached, many reported cases of personal difficulty of dealing with the aging process itself, demonstrating great interest and curiosity to learn about the topic. Medical students were able to guide people through the subject and demonstrate them that it is crucial and possible to reach this stage of life with health and happiness.





PINK FLOWER POWER

Paula Pereira de Souza Reges[1]; Carolina Silva Delgado[1]

[1] LC SUPREMA

Breast cancer is the fifth leading cause of death from cancer in general (522,000 deaths) according to the World Health Organization (WHO) and the most frequent reason, as well as upward, of cancer death in women. In Brazil, for the year of 2016, it is estimated 57.960 new cases, representing an incidence rate of 56.2 cases out of 100,000 women, being the leading cause of cancer death in Brazilian women.

Analyzing these data of applicable proportions, measures that target social determinants of health-disease process and promote quality of life are the key to improve population health and control of diseases and disorders. The wide access of the population to clear, consistent and culturally appropriate information should be an initiative of health services at all levels - and medical students can immensely collaborate in this endeavor. Despite women being the main focus of those campaigns, there are impacts in many sections of life, including the social, economic, familial, psychological and emotional context.

Therefore, with the global awareness as demand, students of IFMSA Brazil - local committee of Suprema - in Juiz de Fora, developed the campaign "Declare your love for yourself: Pink October" which was held in a democratic living area of the city, where circulates people from different social classes, genders and ages. Purposely, a specific target audience wasn't chosen, because the aim of the action was to extend it and to reach everyone in the area. There was the approach of women in all age groups, men and even children.

To accomplish the campaign with great success, brochures showing the techniques of self-examination and explaining about mammography were distributed. This material was also given to the male audience, considering all of them have contact with at least one woman in their lives. And beyond this, even in smaller proportions, is important to note men may be affected by breast cancer. So, they can ensure these knowledge are widespread. Children were captivated by receiving balloons. It aroused children's curiosity and attention on such an important topic as breast cancer is. It has a great value to have a steady and reliable ally, as children are. Nobody better than them to press and act as health situation transformers - "Mom, have you already done your self-examination?".

Furthermore, to create visual impact and mobilization, it was delivered, beyond pink loops, small bouquets of flowers. And that was the big difference and attraction of this action. The bouquets were assembled reusing flowers that would be destined to trash, because they have already been used in previous arrangements. This created a much greater awareness! People were touched, once they were not expecting such gift and, for sure, the information given was much more internalized. Beyond that, the flowers made everyone to open a frank smile and it was also possible to transform all the place into a more beautiful, warm and friendly atmosphere. That is what we hope to have fostered in the action: created agents of partnership and motivation in the fight against breast cancer.



EXPERIENCE REPORT: EXHIBIT "WHAT DOES 'REPRODUCTIVE HEALTH' MEAN FOR YOU?"

Lisandra Coneglian de Farias[1]; Edson Satoshi Miyazato[1]; Henrique Massamiti Yamamoto[1]; Viviane Soares Ortiz[1]; Fábio Henrique da Silva Machado[1]

[1] LC PUCPR - Londrina



Reproductive health implies that people can have a satisfying and safe sex life, decide if, when and how many children they want to have. It also includes the rights of having sexual health as enhancing of the life and interpersonal relationships. The theme is related to a large range of services, techniques and methods that contributes to the human health and reproductive health throughout life. The objective of the presented campaign was to introduce and increase the knowledge of Reproductive Health among students, staff and visitors.

An Exhibition was held for four days at PUCPR Londrina University. Some pictures were exposed with comments from several academics about "Reproductive Health" and what it meant to them. These concepts were previously collected and transcribed into these images, without the need of being correct. When visitors came to the exhibition, they were asked whether they really think such concepts were true. It leaded to talk and in which students guided about the importance of the Reproductive and Sexual Health.

The exposure occurred as expected. The academic community benefited and was exposed to the concept of rights covering reproductive health as well. In addition to the analysis of images and comments, there was the opportunity to indicate this concept of the term by law. The exhibition was used as an introduction to the theme and empowered people's knowledge about reproductive health that is seen as a simple term, but is also full of concepts and scientific importance, which is essential to medicine and to patient care.



CAMPAIGN AGAINST HIV/AIDS: JOINING IFMSA BRAZIL

Jéssica Lopes Montozo[1]

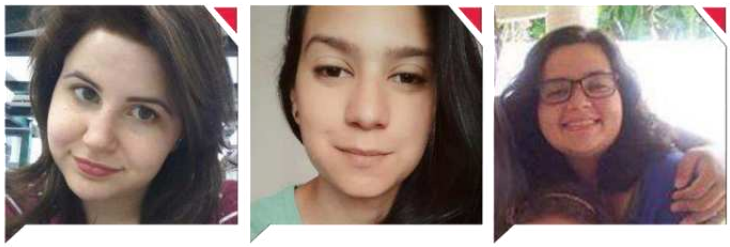
[1] LC Facisb

Sexually transmitted diseases (STDs) are considered one of the most common public health problems worldwide. Regarding AIDS, according to the Health Ministry, in Brazil in 2012 there were 39.185 reported cases of the disease. Observing the epidemic by region, in southeastern part of Brazil there is Barretos,a city that hosts the largest rodeo event in Latin America, Barretos Country Festival, and also is the city with the highest incidence rate of AIDS in the State of São Paulo: 41 new cases per 100 thousand inhabitants - double of the national average, according to the Health Ministry. For this reason, in 2014, a group of students of the Barretos School of Health Sciences (Facisb) in accordance with the Secretariat of the city's Health, promoted a campaign for guidance and prevention of HIV/AIDS and other STDs. The aim was to educate and raise awareness about HIV/AIDS and clarify its limitations because of prejudice in order to highlight the importance of talking about the problem with respect and improve prevention.

The campaign was carried out with the guidance of IFMSA Brazil during Barretos Country Festival and had the participation of 122 students, divided into 10 groups, one for each day of celebration. To guide the population about the subject, it was spoken about transmission, treatment and prevention and participants delivered kits with male and female condoms and lubricant along with a folder with more information.

The campaign summed up a total of 144 thousand male condoms and 356 female condoms distributed for an estimated of about 146,746 people during the festival. With such success, it was with this campaign that Local Committee Facisb had the privilege to join IFMSA Brazil. It was the first campaign by the local SCORA, and the campaign has been repeated in 2015 with success and public support.

The public received well the campaign and at every opportunity the participants highlighted the importance of talking about the problem with respect, because the stigma that the disease carries with it: it's a limiting factor for a social life worth. The campaign will continue to be held annually at the Festival, as it was shown to be able to guide thousands of people and has become a landmark for the Local Committee and to our partnership with IFMSA Brazil.



HIV AND METABOLIC SYNDROME

Ana Carolina Arabe Gomes da Silva[1]; Caroline Ribeiro Monasterio[1]; Bruna Kariny de Oliveira Pereira[1]

[1] LC PUC-SP

Knowing well a medical condition is essential to break prejudices and stereotypes, especially when it comes to a disease so stigmatized as AIDS. The antiretroviral treatment has changed the course of HIV infection by increasing the survival of HIV-positive individuals. However, patients who were treated with antiretroviral have metabolic changes that predispose to risk for developing the Metabolic Syndrome, affecting their quality of life. To discuss this issue with patients, members of IFMSA Brazil - Local Committee PUC-SP chose the Active Methodology (AM), in order to facilitate the exchange of information among medical students and those with HIV.

The intervention was consisted of two parts. At first, there was training with qualified professor in the subject, which constituted fundamental to understand the management of HIV-positive patients. In the second part, students had the opportunity to make a tutorial, established on Problem Based Learning Methodology (PBL) with 14 patients members of the Education Group to AIDS Prevention in Sorocaba (GEPASO). Accompanied by a mentor teacher, students had written a problem-case for the tutorial and afterward they were acting as mentors, leading part of the discussion and questions on the subject clarification.

During the tutorial, patients have demonstrated knowledge about several effects on treatment and the importance of medical monitoring to avoid major complications. Furthermore, they identified themselves with the problem-case and shared personal experiences.

One of the important points discussed was the still present prejudice suffered by carriers. Their stories were essential to the establishment of empathy, communication skills and engagement of students with the project. At the end, the project was evaluated by participants in free testimony.

Development of academic communication skills and reflection of the biopsychosocial aspect of the disease were the principal objectives achieved for the students, especially provided by the exchange of experience. Patients could learn about the metabolic syndrome and its consequences, and how to manage their lifestyle to better adapt to the use of antiretroviral treatment. The choice of the Active Methodology was essential for the exchange of enriching experiences between patients and students. The project contributed to student learning about the importance of the social role of the physician and the willingness to act in practical activities in health, relevant factors under the Curriculum Guidelines in medicine.



BREAST AND PROSTATE CANCER: A WARNING CAMPAIGN

Larisse de Oliveira Velozo[1]; Karoliny Cecília de Oliveira Ribeiro[1]; Vynicius Staut de Souza[1]

[1] LC UNISL

According to the Brazilian National Cancer Institute (INCA), breast cancer is the most common among women in the world and in Brazil, after Skin Cancer (Non-Melanoma), representing about 25% of new cases each year. It's relatively rare before 35 years and over this age its incidence is growing steadily, especially after in 50-years-old women. It's estimated that there will be 57,960 new cases in 2016. In Brazil, among men, prostate cancer is the second most common, after only non-melanoma skin cancer. In absolute terms, it is the sixth most common type in the world and the most prevalent in men, representing about 10% of all cancers. More than any other, it is considered a cancer of the elderly, because three-quarters of cases happens over 65 years old. There will be 61,200 estimated new cases in 2016, according to data from INCA.

Concerned about this scenario, students from IFMSA Brazil - local committee Faculdade São Lucas participated in the first Workshop of Multidisciplinary Health Care for Women and Men, with the objective to promote knowledge to students and professionals and inform the public. It happened during three days of November: in the first one, the event was disclosed to public. On the second, lectures was done about prostate cancer and on the next morning, breast cancer lectures. In the afternoon, members, previously trained, were responsible for a breast self-examination workshop. The workshop's target audience were women, students of the institution and the community.

It was instructed about the importance of self-examination, signs and symptoms of breast cancer, how to perform it and the need to look for medical advice if a change is found. Subsequently, a dynamic was conducted in which everyone performed a breast self-examination being observed by the students for help. With self-examination the woman knows in detail their breasts, which facilitates the perception of any changes to report to the doctor.

The cycle of lectures on women's and men's health was achieved is objectives, integrated professions and emphasized the importance of the multidisciplinary team. The purpose of spreading knowledge has been completed and the students showed interest on the topics, asking a lot of questions and taking part on the discussions. The breast self-examination Workshop was of great learning, personal and didactic. It was taught the awareness of their bodies needs, to be always attentive to any signs or symptoms and to seek for medical help.



MEDICAL RESIDENCIES – AN APPROXIMATION OF EXPERIENCES

Daiene Tomie Paes Kassama[1]; Gabriela Olivieri Caramano[1]; Ingrid Ganga Buzoli[1]; Ligia de Carvalho Leite[1]; Victor de Oliveira[1]

[1] LC UNAERP

The knowledge concerning medical residencies is limited to the medical students, and most of them don't know how their career will look like in the future. Furthermore, there is a lack of communication between the residents and the recent graduated students while that knowledge, difficulties, struggles and feelings could be shared, helping the view of a future reality and the planning of it. The need to make this reality closer to the students motivated us to make such an event to solve this problem.

We know that there are some pre-concepts concerning each medical career. Therefore, The First Symposium of Medical Residencies came with the goal of bringing down these mistaken concepts, presenting recognized professionals who will bring forth information about some medical areas. For a student, as the medical course comes to an end, doubts concerning the career that will follow come up. For some, this time represents a vocational dream coming true, while for others, it's time to judge the paths that were once wanted. It is a time of thinking, questioning and knowing yourself. Our goal is to ease this hard, struggling moment, by providing professional information from various medical areas in order to clarify more about each residency. Also, we want to motivate the freshmen to go after new information concerning the medical areas, helping them to sympathize with one or many of those.



We chose professionals with resumés that would interest the students so that in two days the symposium should cover residency legislations, residency application tests, the competition faced on these tests, current working market status, working areas, sub residencies, work intensity, how long each residency course takes, places of reference and the life during the course itself. We also invited the director of Residency Commission to present a more theoretical overview on the theme. It was a deep learning experience not only to the students but also to the speakers. We were able to establish a connection between all these people involved so that the professionals and the students could sympathize with each other and share their doubts, hopes and aspirations.

The medical residency in Brazil was established by Decree number 80.281 on september 5th 1977 and was entitled as a postgraduate course, as if it was a specialization course. Although, not all medical students know such paths to postgraduate courses to become specialists in a certain area, this knowledge is acquired as the six years of medical school go by, even then, some seniors don't have all the required information. One should think in various ways on how to supply the lack of certain information, likewise the symposium does, making sure the students don't have any more doubt and presenting the reality.



SYMPOSIUM "ZIKA AND MICROCEPHALY: UNDERSTANDING THE RELATION"- A DISCUSSION ABOUT THE VIRUS AND THE INFECTION CONSEQUENCES.

Manuela Nascimento de Lemos[1], Anna Carolinne Corrêa dos Santos[1], Nathalie Abdallah Zahalan[1], Sarah Maria de Lima Faro[1], Ivo André do Nascimento Souza[1]

[1] LC UFPA

Discussions around the Zika virus, an arbovirus transmitted by the *Aedes aegypti* mosquito, became stronger when neonatologists of some Brazilian states have linked the large number of cases of babies born with microcephaly to Zika virus maternal infection during pregnancy. The Official Epidemiological Notes of microcephaly released by the Ministry of Health on February of 2016, showed that there were 583 confirmed cases of microcephaly caused by congenital infection from October 2015 until that month.

In this context, the IFMSA Brazil local committee UFPA promoted a Symposium called "Zika and microcephaly: Understanding the relation" which happened on March 17th, 2016, and sought to educate students and health professionals about the virus and possible relations to this defective development of children's nervous system, about the care needed during pregnancy and the main consequences for the health of the newborn of infected mothers.

The symposium featured a set of three lectures given by a gynecologist -obstetrician, a pediatric neurologist and an infectologist, updated on the subject and involved in researches related to the theme. They spoke about the multiprofessional approach of the pregnant infected by Zika and the newly born with microcephaly. The infectologist explained about what is known so far, its transmitter and aspects of the associated disease, while the gynecologist discussed about infection impacts by Zika in pregnancy and the neuropediatric, talked about the consequences for the child's development. Each presentation was placed in an hour, or less, and after the exposition, the ones who wanted, were allowed to ask questions.

About 100 people attended the event - including academics, medical residents, nurses and other health professionals, whom heard attentive to updates on the management of the mothers and babies. Further, at the end, an evaluation questionnaire was applied to participants who willing to carry out an assessment about the event. It obtained excellent feedback from them, which of 49% marked "good" on the item "quality of the symposium lectures", while 51% said the symposium was "excellent." As the organization promoted by members of IFMSA Brazil, 57% described as excellent. About the expectations, 98% of participants had their expectations met with the event, demonstrating that the purpose of notify and educate health professionals and students was reached.



EXPERIENCE REPORT: MEDICAL PRACTICES WORKSHOP ORGANIZED BY MEDICAL ACADEMICS FROM PUCPR - LONDRINA UNIVERSITY

Edson Satoshi Miyazato[1]; Viviane Soares Ortiz[1]; Luis Henrique Angheben[1]; David Laios do Vale[1]

[1] LC PUCPR - Londrina

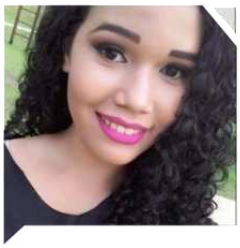
The Primary Health Care includes not only the disease, but also the need for the patient to be evaluated as a whole, through simple processes and extremely important for its assessment. Due to lack of training or opportunities, many students demonstrate insecurity when applying knowledge in practice. In this context, medical students propose a campaign aiming to improve the performance and reliability of students, through a journey of a practical Workshop.



The Workshop included 6 stations and it was divided into 3 classes with 1 hour of learning in every sector: measure of arterial pressure, anatomy and physiology of the eye, ophthalmoscopy, basic technique of bandages, intravenous application and otoscopy. The themes were previously chosen by students votes. The event was held for two consecutive days at PUCPR Campus Londrina, by carrying extensive experience professionals on their respective areas.

All students passed through stations and also practiced on each other or with simulators. At end, participants were invited to respond a satisfaction survey anonymously with the intention of improving the next similar events. It has achieved more than 90% of satisfaction, with the exception for basic techniques of bandages and intravenous application that reached 80%, due to the lecture length and the lack of an appropriate place to be held.

The event contributed to the training of students, who acquired more confidence to perform the procedures and also aroused the position of pro-activity for the organizers - a fundamental process of leadership and preparation for work.


BASIC GUIDELINES TO TAKE CARE OF FIREARM PROJECTILE VICTIMS

Vynicius Staut de Souza[1]; Karoliny Cecília de Oliveira Ribeiro[1]; Larisse de Oliveira Velozo[1]

[1] LC UNISL



The care and medical treatment to victims of trauma by firearm projectile is constantly improving and its main purpose is the reduction of deaths and permanent sequelae of these patients suffering from injuries. It is known that Brazil ranks second in deaths by firearms in front of 57 countries, according to recent data from UNESCO. In this context, members of IFMSA Brazil - Local Committee FSL hold a symposium, aiming to raise awareness among young people about the risks posed by improper handling of a firearm, presenting medical guidelines on how to conduct first aid for an injury victim by firearms projectile and informing the methods used in the treatment of these patients.

The event took place on the premises of Faculdade São Lucas (FSL) in Porto Velho - Rondônia, and had as its speaker Dr. Flávio Martins, maxillofacial surgeon and professor at the Higher Educational Institution. There was the exposure of several cases where the irregular handling of firearms caused irreversible physical and psychological damage in young adults, mostly males aged between 17 and 30 years, which brought out the imminent danger of the misuse of arms fire.

The appropriate way to help a traumatized victim is currently based on the Primary Approach to Trauma Manual, which requires the identification and priority treatment of those injuries that threaten the patient's life. This initial assessment, the primary assessment, if done properly, should identify injuries and should not take more than 2-5 minutes. After the local stabilization of the patient, he must be driven by appropriate transport to the nearest emergency room. Patients with signs of peritonitis and hemodynamic instability on clinical examination or gastrointestinal signs of injury suggested by imaging and those who could not perform reliable physical examination - head injury, spinal cord injury, extra surgery-abdominal - are usually referred for emergency surgery.

After the event, there was an campaign awareness about the risks posed by firearms for about 300 academic students of various degree courses. It was noted that many of them had no prior knowledge to provide adequate primary care to victims of trauma (including injuries by firearms). The event fulfilled the purpose of guiding and reporting on the care and treatment that should be applied to patients suffering from injuries caused by firearm projectile.





HUMANIZED DELIVERY: TRAINING OF ACADEMICS AND EMPOWERMENT OF PATIENTS

Karoliny Cecília de Oliveira Ribeiro[1]; Vynicius Staut de Souza[1]; Larisse de Oliveira Velozo[1]

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t is known that the humanization of assistance to the child's birth is not, yet, a common practice in Brazilian hospitals. It's evidenced by World Health Organization (WHO), that shows an index higher than 53% of cesarean deliveries, which puts the country as a world leader in this procedure. Disinformation and consequent fear and convenience sometimes lead pregnant women, and even doctors, to opt for surgery unnecessarily. In order to add new perspectives to health students and inform mothers and families of the city of Porto Velho on the subject, it was conducted by members of IFMSA Brazil - Local Committee FSL a CineMed Project, in partnership with teachers from São Lucas College, and the Regional Council of Medicine of Rondônia.

The screening of the documentary "The Renaissance Childbirth" suggested new questions extending the concept to Humanized Birth. In the discussion of the speakers and guests, including physicians, nurses and doulas, the ideal cesarean rate, established by the international medical community, should be between 10% and 15%. It was also exposed the increasing number of this index throughout the world in both developed and developing countries. It was a remarkable assimilation of knowledge and opinions for all 120 people present. It was an empowerment on the exercise of the medical role in the choice of the patient, especially with regard to medical students.

It was found that, beyond an aggravating public health, high rates of unnecessary cesarean-sections are also a cultural issue. For decades, in Brazil, a tendency to deliveries of accomplishments of this kind is noticeable. Factors such as cost, poor doctor-patient relationship and prejudice are prevalent to an inappropriate choice of an obstetric method. It also infers that the centralized procedure only on the physician without the participation of a multidisciplinary team, which is still common in the country, tends to aggravate these conditions.

Wrongly, for many Brazilians, natural childbirth is synonymous to suffering, since alternative methods that can ease the process are often not used as the vertical position of women and the administration of ocitocina. It is undeniable, of course, that cesarean sections, when carried out for medical reasons, can dramatically reduce mortality and maternal and newborns morbidity, as well as offering more convenience and speed to the process. However, given the risk that any surgical procedure, it is unjustifiable the practice in the absence of such statements.

The immediate and long-term risks to women and baby's health or to future pregnancies are far superior than the benefits of surgery. Therefore, it is necessary to demythologizing the subject, primarily in medical schools and in the doctor-patient relationship, encouraging future professionals to practice their occupation in a holistic manner, and guarantee the right of women's autonomy over their body.

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