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## APRESENTAÇÃO

O xx Simpósio de Pesquisa e Extensão Acadêmica da Faculdade de Ciências Médicas de Minas Gerais e IV Simpósio Internacional de Pesquisa e Extensão Acadêmica teve como temática: “Para além das montanhas: a contribuição dos mineiros para ciência”. O objetivo do evento foi promover a divulgação das atividades de pesquisa e extensão apoiadas pelo Setor de Pesquisa e Extensão no ano vigente. O evento aconteceu nos dias 21 e 22 de maio de 2024 e se destacou por promover trocas de experiências entre os alunos de todos os cursos da FCMMG e convidados externos, enriquecendo a interdisciplinaridade na instituição. Além das apresentações de trabalho pelos discentes, foram realizadas diversas palestras por pesquisadores de reconhecida excelência nacional e internacionalmente. O Simpósio contou com a palestra intitulada “É possível conciliar a clínica e a pesquisa” do Prof. Humberto Correa professor titular de Psiquiatria da Universidade Federal de Minas Gerais. Foi também ministrada a palestra “Envelhecendo com saúde e vitalidade” ministrada pela Profa. Márcia Rodrigues Zambelli que atua como pesquisadora no NeuRa (Neuroscience Research Australia Institute) e na Universidade de Sydney (Institute of Musculoskeletal Health). Além disso, foi realizada a palestra “A extensão ajudando as pessoas: uma experiência em doença de Chagas no Vale do Jequitinhonha, MG” pela professora Marta de Lana que é emérita e voluntária da Universidade Federal Ouro Preto. A palestra “Trajetória profissional e atuação no campo da epidemiologia: uma narrativa com viés” foi ministrada pelo professor Cristiano Soares Moura, Epidemiologista e analista de dados na área de Health Outcome Research. O evento reforçou mais uma vez o potencial inovador e científico da nossa comunidade acadêmica e valorizou os pesquisadores mineiros na trajetória da pesquisa e extensão como ferramentas de transformação social.

**PROFA. DRA. LETÍCIA LEMOS JARDIM**

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**Coordenadora do Setor de Pesquisa e Extensão  
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## EXPERIENCE REPORT OF CURRICULAR OR EXTRACURRICULAR EXTENSION ACTIVITIES

# The contribution of social psychology in the fight for the rights of people experiencing homelessness: an experience report

*A contribuição da psicologia social na luta pelos direitos das pessoas em situação de rua: um relato de experiência*

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### ABSTRACT

**Introduction:** The 2022 Street Population Census in Belo Horizonte revealed that 5.344 people are experiencing homelessness in the capital, highlighting the violation of human rights due to bureaucracy and prejudices faced by these individuals. In response to this reality, on October 27th, 2023, Psychology students from a private higher education institution participated in the “1st National Meeting of Judicial Committees for Attention to People Experiencing Homelessness”, aiming to contribute to the discussion and actions on the topic. This culminated in the “Rights Street” collective effort held at the Youth Reference Center. **Objective:** To present the experiences of the academics during the extension action, emphasizing the importance of raising awareness of the rights of people experiencing homelessness and the role of Psychology in this context. **Methodology:** The group, composed of 24 students organized in pairs, provided reception and referral of users to the offered services, as well as offering psychological support and facilitating group discussions. **Results:** After analyzing evaluation forms filled out by 34 participants on the day of the event, it was found that the most frequent referrals were to Basic Health Units (10%), CRAS (5%), personal care services (8%), employability assistance (8%), reception services (40%), and document procurement (29%). The results were rated as good, fair, and excellent, respectively, with reception services being rated as excellent by 40% of the sample. **Conclusion:** The results obtained not only demonstrate the effectiveness of the services provided but also reflect the positive perception of users regarding the support received, highlighting the importance of reception and active listening in social reintegration and recognition of each individual’s life story. The experience provided students with a deep understanding of the social commitment and ethical-political dilemmas faced by Psychology, emphasizing the need to engage in emancipatory practices and the promotion of human rights.

**Keywords:** Social Psychology; Public Policy; Human Rights.

## EXPERIENCE REPORT

# Extension activity conducted at gas station by members of the oncology interest group: an experience report

*Atividade de extensão realizada em posto de gasolina por integrantes da Liga Acadêmica de Oncologia: um relato de experiência*

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## ABSTRACT

**Introduction:** Extension projects play an extremely important role in the academic training of medical students. It offers students the opportunity to exchange knowledge with different audiences, in addition to allowing them to expand their knowledge on various subjects related to the topics covered during the extensions. **Objective:** This paper aims to report the experience of league binders in carrying out activities of the “Laonc Ensina” Extension Project, conducted at a gas station, showing its importance in raising awareness among the targeted public and fostering the growth of participating academics. **Methods:** This is a descriptive study, experience report type, carried out from the experience of three members of the Oncology interest group in the action entitled “Laonc Ensina”. The students created and distributed informative pamphlets on various topics related to Oncology, which were later explained to the employees of the establishment through a group discussion. **Results:** The initiative involved the participation of 23 academics, who played a crucial role in informing gas station attendants about the different types of cancer. It spanned over 14 days of extension activities, from April 2024 until the present moment. The various informational pamphlets distributed by the students covered epidemiology, risk factors, diagnosis, treatment, and protective measures for different types of cancer. While introducing themselves, the students also answered the attendants’ questions, fostering a conversation rich in extremely positive experiences for both parties. This project helped the students develop autonomy and significantly contributed to their ease in public speaking. Additionally, the responsibility of guiding and assisting people outside the healthcare sector enhances the students’ self-esteem and self-confidence. **Conclusion:** Extension activities not only assist in raising awareness among the targeted audience through knowledge sharing but also enrich the academic and personal development of the participating students themselves.

**Keywords:** Medical Oncology, Public Awareness, Projects.

**Financial support:** Faculdade de Ciências Médicas de Minas Gerais.

## EXPERIENCE REPORT

# Dissemination of scientific knowledge in health area through Minuto Saúde Podcast

*Divulgação do conhecimento científico na área da saúde através do podcast Minuto Saúde*

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## ABSTRACT

**Introduction:** Podcasts are audio files available for free on digital platforms. Although it is a relatively new technology, it has been often used to improve communication in different areas, including education. Considering medical education, health-related issues generate many doubts among the population, and podcasts come as a tool to disseminate relevant information in an easily understandable and concise manner. **Objective:** To describe the experience of students and teachers involved in conducting the extension project “Podcast: Minuto Saúde”. **Method:** This is an experience report, the result of an extension project at a medical university. The project was carried out between August 2023 and February 2024. The scripts for the episodes were developed by the students involved in the extension project. Teachers were then entitled to review all the material, and the recordings and editing of the episodes were placed at the Technological Hub of the educational institution. **Results:** In the study, four podcast seasons were prepared, consisting of eight episodes in total. The analysis obtained revealed the highest audience in the season called “Yellow September”, totaling 92 reproductions, 58 in episode 1, with the theme “Let’s talk about mental health!”, and 34 in episode 2, “Life is the best choice”. Regarding the “Pink October” season, there were 48 reproductions, 36 in episode 1 and 12 in episode 2. In the “Yellow December” season, there were 52 reproductions, 34 in episode 1 and 18 in episode 2. At the moment, the November Blue season had the lowest number of reproductions, with 21 in episode 1 and 11 in episode 2, totaling 32 reproductions. **Final considerations:** It is noteworthy that podcasts are a powerful tool to the dissemination of information, which improves health education and empowerment of the population in their health approach, regarding the use of this information appropriately.

**Keywords:** Health Education, University extension; Podcast; Seasons.

**Financial support:** Faculdade de Ciências Médicas de Minas Gerais.

## RESUMO DE PROJETO DE PESQUISA

# Humanized healthcare: results of a study with people in street situations in the capital city of Minas Gerais.

*Atendimento humanizado em saúde: resultados de um estudo com pessoas em situação de rua na capital mineira*

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## ABSTRACT

**Introduction:** Health has been defined by the World Health Organization (WHO) as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.” The Brazilian Federal Constitution of 1988 established that health is a right for all and a duty of the State. Vulnerable populations, such as People in Street Situations (PSR), face greater difficulty in accessing healthcare. **Objective:** To describe the perception of PSR regarding the concept of health. **Methodology:** The perception of People in Street Situations (PSR) regarding the concept of health was explored in a descriptive, qualitative study conducted in Belo Horizonte. The participants were approached on the streets, and their interviews were recorded for later transcription and content analysis using Bardin’s method. **Results:** The majority of participants were men, single, with incomplete primary education. They viewed health as a state of well-being encompassing both the body and mind, as described as “Health is when the body and mind are well.” Others referred to health as a place for treatment, revealing a value placed on the biomedical or reductionist view of health—“Health, to me, is feeling well, not needing to take medication...”. On the other hand, some interviewees went further and understood that health is the responsibility of the government in guaranteeing and promoting it to citizens—“...it’s something we’re paying for, and the government has the duty to provide it, as much as possible, the best...”. A few participants were unable to describe a concept, indicating a fragility in their educational and informational process. **Conclusion:** The PSR’s conceptualization of health is still focused on the idea of physical and mental well-being without illnesses. A better understanding of health can promote protective and preventive behaviors, contributing to a better quality of life. This necessitates investment in guidance and access to healthcare services.

Keywords: Health services; Housed persons; humanizations of assistance.

## EXPERIENCE REPORT

# Encouraging physical and mental self-care of mothers and caregivers of children with disabilities: an experience report

*Incentivo ao autocuidado físico e mental de mães e cuidadoras de crianças com deficiência: um relato de experiência*

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## ABSTRACT

**Introduction:** Children with mental or physical disabilities demand a constant level of attention from their caregivers, with this demand being even greater for mothers, as they usually deal with triple workload involving caring for the child, domestic tasks and their careers. Thus, the high levels of stress and feelings of frustration and helplessness, often cause the neglect of their own self-care in favor of their children's needs. **Objective:** To report the experience of Medicine and Psychology students in the extension project "Cuide-se Para Cuidar" when promoting self-care for caregivers of children with disabilities. **Methods:** Eight in-person meetings were held in a non-profit institution located in Belo Horizonte-MG, during which, conversation circles were used as the methodology to address the following themes: breast cancer prevention, mental health, sleep hygiene and women's health. The meetings involved an initial informative moment, through posters and educational dynamics, and a second one for open debate between the academic students and the mother and caregivers present about the proposed themes. **Results:** The project enabled the creation of a progressive bond between the caregivers and the participants, which enabled the dynamics to be efficient in promoting reflection on the importance of self-care, both physical and mental, for one's own health and the health of those under their care. Beyond that, the meetings enabled the academic students to better develop skills in active listening, empathy and interpersonal communication. **Conclusion:** The project contributed to the creation of an environment for the exchange of experiences and dialogues between academic students and caregivers, encouraging physical and mental self-care, as well as the personal and professional development of the academic students, through a better understanding of the reality and daily difficulties of this particular group.

**Keywords:** Self care; Disabled Children; Caregivers;

## EXPERIENCE REPORT

# The importance of the identification of signs and symptoms of breast cancer: an experience report of an extension project done in a Basic Health Unit

*A importância da identificação de sinais e de sintomas do câncer de mama: um relato de experiência de um projeto de extensão realizado em uma Unidade Básica de Saúde*

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## ABSTRACT

**Introduction:** Early identification of signs and symptoms of breast cancer is relevant for public health, considering that early diagnosis increases the chance of cure by up to 95%. Therefore, an extensionist project on this topic was conducted during the Pink Month Campaign of 2023 to disseminate knowledge to users of a Basic Health Unit. **Purpose:** To report the experience of medical students in presenting information regarding the importance of identifying signs and symptoms of breast cancer, **Methods:** On 27<sup>th</sup> October 2023, four posters were created using balloons which represented breasts with indicative changes of breast cancer. Subsequently, the students went to the waiting room of a Basic Health Unit that belongs to the Unified Health System (sus) in Belo Horizonte to display the examples shown in the posters to individuals that were awaiting for attendance, and demonstrate, using a breast prototype, how to perform self-examination for early cancer detection. **Results:** Eighteen people awaiting assistance attentively watched the disseminated information. Following this, doubts were clarified. An observed limitation was some people's reluctance to actively participate in the dynamics, given that, according to *Quintana et al.*, the association with both the oncological unawareness, as well as the taboo related to addressing a part of the body that is still highly sexualized is still present, a situation that was also perceived at the moment by the students. **Conclusion:** Breast cancer is the leading cause of oncological mortality among Brazilian women and, despite its high incidence in the population, there is still a lack of awareness about this condition, as evidenced by the inquiries from the project's target audience. Therefore, considering the importance of the subject, further actions related to the demystification of the relationship between cancer-death and of the breast erotization must be widely publicized.

**Keywords:** Inflammatory breast neoplasm; Awareness; Early diagnosis.

## ABSTRACT CATEGORY 2

# The differences between online and in-person approaches to the topic “violence against women” with students in the healthcare field

*As diferenças entre abordagens online e presenciais no tema “violência contra a mulher” com estudantes da área da saúde*

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## ABSTRACT

**Introduction:** Violence against women is a public health issue in society. In this context, the primary care professional becomes an important agent in addressing and confronting this violence, often responsible for identifying violence and providing support to victims. Thus, addressing this issue in professional training for future professionals becomes of extreme importance and urgency. **Objective:** Report the experience of medical and nursing students from a higher education institution regarding the implementation of an extension project to raise awareness among students about the care of women victims of violence. **Methods:** The extension actions, conducted from August 2023 to February 2024, involved the exposure of the theme “Sexual Violence Against Women” to health students. Both online and in-person sensitizations were conducted in an expository and dialogical manner, with the latter also involving an interactive dynamic with the audience for case analysis related to the topic. **Results:** Five presentations were conducted, four online and one in person, approaching 110 medical and nursing students from different colleges. The in-person presentation had significant attendance from students, who interacted with the dynamics and made it beneficial. The online presentations, however, faced challenges in interaction between speakers and the audience, resulting in a loss of interaction and dialogue among participants, despite the mediation of the speakers. **Conclusion:** The extension project played an important role in fostering debate on the approach to women victims of sexual violence in primary care. However, the participation of students who attended the presentations, especially in a virtual format, was low due to the lack of effective interaction between speakers and the audience, resulting in a less engaging and impactful experience for participants. This highlights the challenges posed by virtual education and the need to explore new approaches and methodological tools to improve interactivity and engagement in future educational initiatives on the topic. **Keywords:** Role; Violence against women; Students.

## EXPERIENCE REPORT

# The importance of family stability for abandoning the use of narcotic drugs by a group of puerperal women in a support home

*A importância da estabilidade familiar para o abandono do uso de entorpecentes por um grupo de puérperas em uma casa de apoio*

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## ABSTRACT

**Introduction:** The abandonment of addiction to legal and illicit drugs, by women who have recently given birth, is related to the fear of losing custody of their children. Thus, affection for the child is the greatest motivation for changes in women's habits, aiming for a better quality of life for both. **Objectives:** Promote humanization in health, through active listening and building bonds, among postpartum women living in a support home. **Methodology:** The project was carried out in the second half of 2023 in a support home for postpartum and pregnant women, addressing, through the conversation circle method, the topics: contraceptive methods, STIs, maternity care and alcohol and drug abuse. The premise was the establishment of humanization through the construction of a relationship of trust. Anonymous sheets with postpartum women's opinions about the project were used to evaluate results. **Results:** Five meetings were held with five residents of a shelter in Belo Horizonte. There was a predominance of family need, with raising children being the main motivation for abandoning the use of illicit substances. Meeting the demands of postpartum women, conversation circles were held covering self-esteem, newborn care, STIs, alcohol and drugs. Studies highlight the effectiveness of these circles as an intervention to promote positive changes and strengthen the support network. Subsequently, women reported a feeling of self-confidence in caring for their children and were willing to abandon the use of harmful substances. The limitations were related to the shelter's schedule, which had many activities, making it difficult to schedule meetings. **Conclusion:** The project was effective in meeting the demands of the shelter's residents. The conversation circles held facilitated the understanding of the themes, through interaction, promoting welcoming and creating bonds with the residents.

**Keywords:** Pregnancy, Illicit substances, Postpartum women.

## EXPERIENCE REPORT

# Comprehensive Geriatric Assessment (CGA) as a tool to evaluate hospitalized elderly's profile in a private hospital in Belo Horizonte

*Avaliação Geriátrica Ampla como ferramenta para avaliar o perfil dos idosos de uma unidade de internação de hospital particular de Belo Horizonte*

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### ABSTRACT

**Introduction:** Comprehensive Geriatric Assessment (CGA) is a multidimensional care model based on early identification of issues in frail older adults, aimed at preventing adverse events and preserving their functionality. It utilizes functional, cognitive, nutritional, psychological, social, and overall health parameters. It allows for patient evaluation to achieve early diagnosis of health problems and potential barriers to healthy aging, facilitating the creation of a multidisciplinary approach. **Objective:** To report the perception of three interns during their internship in a geriatric inpatient unit. **Method:** Observation of 3 interns and analysis of data collected by 27 interns, between August 2023 to May 2024, during the implementation of CGAs in elderly people hospitalized in the geriatrics sector of the private hospital Mater Dei Santo Agostinho, in Belo Horizonte, MG. **Results:** 111 CGAs were conducted, with 46 assessments of individuals over 80 years old and 66 of patients under 80. Approximately 76% of individuals over 80 were classified as frail, while only 50% of younger seniors were identified as frail. Among the total sample, 68 patients showed frailty identified by the FRAIL scale, with 35 of them being older seniors. All participants were classified with sufficient social and family support. Regarding mood assessment using the GDS scale, 20.7% (23) of patients showed dysthymia or hypotymia, 66.6% (74) showed euthymia, and 12.6% (14) could not be evaluated. **Conclusion:** All patients showed adequate social support, which may be related to the setting, a private hospital with a higher socioeconomic level of users. This reality may also be reflected in the mood of patients, who, even when hospitalized, are mostly euthymic. It is evident that CGA provides us with a comprehensive view for continued patient care and a global perception of the service profile, aiding in the optimization of management in a personalized manner.

**Keywords:** Geriatric Assessment; Clinical Clerkship; Integrative Geriatrics.

## ORIGINAL STUDIES RESULTING FROM EXTENSION OR EDUCATION AND HEALTH ACTIVITIES

# Conversation Circles: a practice of intervention in career guidance in the school context

*Rodas de conversa: uma prática de intervenção em orientação profissional no contexto escolar*

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### ABSTRACT

**Introduction:** Within the scope of the Professional Orientation discipline extension, a Conversation Circle was conducted aimed at high school students in a private school in Belo Horizonte. The goal was to offer an activity that would contribute to the youth's decision-making process, whether regarding university courses or other career paths they consider, based on their life projects. **Objective:** The objective was to assist students in identifying their skills and personal interests, in order to provide them with a greater repertoire of self-awareness, enabling them to make more conscious and informed choices about the multiple options in the world of professions, thus expanding possibilities in their career choice. **Method:** Regarding the procedure, students were informed in advance by the school's coordination about the Circle. It was conducted in a single visit, in a dynamic format that favored exchange among participants. Twenty students from the second year of high school participated in the Circle, with 35% female and 65% male, all aged 17. **Results:** Students showed questioning and reflection regarding life goals and objectives, and consideration of more than one course option. They expressed their insecurities about whether to follow a family desire in their decision-making process. Additionally, the activity provided students with a deeper understanding of the professional world. **Conclusion:** It was possible to conclude that the phase of choosing a university course, or another professional trajectory, is quite challenging. For this reason, the initiative of schools in supporting students in this process is so important. Therefore, it is urgent to understand that initiatives like this are so important to be provided in the school context.

**Keywords:** Professional Orientation; Professional Training; Education.

## EXPERIENCE REPORT

# Healthcare education: unraveling dengue fever

*Educação em saúde: desvendando a dengue*

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## ABSTRACT

**Introduction:** Belo Horizonte experienced an outbreak of Dengue Fever in 2024, marked by a significant increase in the number of confirmed cases. The situation worsened from February onwards, when the city declared a state of emergency. Given this scenario, it is necessary to intensify dengue awareness and prevention campaigns in waiting rooms at Basic Health Units (UBS); the preferred gateway for patients suspected of having dengue fever. **Purpose:** Report the experience of medical students in carrying out health education with an emphasis on combating Dengue Fever. **Methods:** Medical students from a private institution in Belo Horizonte, during an internship at a UBS located in the western region of the city, carried out verbal presentations in two waiting rooms on the following topics: natural history of the disease, symptoms, treatment and prevention. Furthermore, printed pamphlets were distributed to all present, to increase engagement, facilitate understanding and serve as a guide. **Results:** In the waiting room where users waited for appointments, around 15 people were present and participated in the health awareness campaign carried out by students with patients arriving in the waiting room throughout the presentation. In the other waiting room, where patients were waiting for pharmacy care, vaccination and/or blood collection, there was a smaller number of users, allowing a more individual presentation focused on the questions of each individual present. Despite the difficulty in quantifying the impact that the presentations had in relation to raising awareness about how to combat dengue, it is undeniable that clarifying doubts and reinforcing the importance of prevention are pillars to reduce the impact of the disease in the community. **Conclusion:** Health awareness campaigns on Dengue are important instruments to combat the disease, facilitate early recognition of signs and symptoms, and enable more effective prevention through adequate information and encourage adherence to treatment.

**Keywords:** Dengue; Health education; Prevention.

## EXPERIENCE REPORT

# Dissemination of scientific knowledge in the area of health through the *Minuto Saúde* podcast

*Divulgação do conhecimento científico na área da saúde pelo podcast Minuto Saúde*

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## ABSTRACT

**Introduction:** A university extension project provides students with the development of essential skills and contributes to the community by promoting social impact and transformation. Given the prominence of audio dissemination platforms, the Podcast: *Minuto Saúde* currently uses social networks to broadcast knowledge about health based on scientific evidence taking into account comprehensive and concise language. **Purpose:** To describe the experience of a university extension project using the Podcast as a tool for disseminating content in the health field. **Methods:** This is an experiential report, conducted between August 2023 and February 2024, as a result of an extension project at a higher education institution in Belo Horizonte, Minas Gerais. The Podcast production was developed in three stages: planning and theoretical foundation; script development and episode recording; dissemination on Spotify and Instagram platforms and through the WhatsApp application. The analysis of viewing results by season was carried out via the Spotify platform. **Results:** In the study, four seasons of content were produced, named September Yellow, October Pink, November Blue, and December Red, each containing two episodes, totaling eight episodes. According to the statistical survey, 62.5% of listeners were female, 25% male, and 12.5% did not identify their gender. The age group with the highest audience was between 18 and 22 years old (50%). Access to the platform link was made through direct search on Spotify (39%), WhatsApp redirection (34%), Instagram (24%), and other means (3%). **Conclusion:** Establishing a relationship between the academic environment and society through a Podcast focused on health promotion themes helps to address doubts and reduce the circulation of fake news, as well as favoring academic development of communication skills and personal growth.

**Keywords:** *Podcast; Instagram;* Educação continuada; Promoção da Saúde.

**Financial support:** Technological Hub of the Faculdade de Ciências Médicas de Minas Gerais.

## EXPERIENCE REPORT

# Empowering financial literacy among youths facing high social vulnerability: insights from university student initiatives

*Fortalecendo a educação financeira entre jovens com alta vulnerabilidade social: percepções de iniciativas de estudantes universitários*

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## ABSTRACT

**Introduction:** Promoting financial education for young people in vulnerable situations is essential for informed decision-making and avoiding poverty traps. Educational strategies focus on imparting essential financial knowledge and practical resource management skills. This fosters independence and financial security, breaking the cycle of vulnerability. **Purpose:** To report on university students' experiences in developing financial education programs for highly vulnerable youth, aimed at fostering conscious and effective financial management. **Methods:** From August to October 2023, students from the Faculdade de Ciências Médicas de Minas Gerais, involved in an extension project on “Prática Formativa na Comunidade II” at an international humanitarian institution, identified the need for educational interventions in highly vulnerable communities. They targeted nine youths, aged 16 to 19, from disadvantaged socio-economic backgrounds. Sixty-minute sessions covered household economics, responsible credit use, and basic investment concepts, using participatory methods like group dynamics and financial simulations for better engagement. Chalkboard and visual aids such as drawings and symbols facilitated learning. The program's effectiveness was assessed through the teenagers' oral reports. **Results:** The action occurred across two meetings with nine participants, where it was noted that the youths understood practical financial concepts such as budgeting, investing, and credit. The presentations emphasized the importance of an inclusive and realistic approach in addressing the financial challenges faced by young people in vulnerable situations. University students involved in the initiative observed significant personal growth in the participants and reported a substantial impact on their own professional and personal development. They also highlighted the importance of community engagement and adapting educational strategies to meet the specific needs of various groups. **Conclusion:** Financial education programs for vulnerable youth effectively promote financial independence and break poverty cycles. They also benefit the personal and professional development of participating students, showcasing education as a tool for social transformation. **Keywords:** Education; Vulnerable populations; Economics; Adolescent.

## EXPERIENCE REPORT

# Educational actions for care beyond hemodialysis: an experience report

*Ações educativas para o cuidado além da hemodiálise: um relato de experiência*

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## ABSTRACT

**Introduction:** Chronic kidney disease (CKD) is an irreversible and progressive condition responsible for high rates of hospitalization, morbidity and mortality. In this context, hemodialysis has emerged as the most commonly used treatment modality in almost all countries. However, this therapy imposes abrupt changes on patients' routines, having a significant impact on their emotions and quality of life. **Objectives:** Describe the experience of medical students during informative and educational activities designed to empower dialysis patients and encourage the exchange of experiences between academics and patients. **Methods:** From September 2023 to April 2024, twenty medical students carried out activities in the hemodialysis department of a University Hospital in Belo Horizonte, involving 72 patients over the age of 18 with CKD. The project offered educational activities during hemodialysis sessions, including booklets, quizzes and conversation circles on kidney health topics, such as proper nutrition, hydration, care of the arterio-venous fistula, anxiety and depression, among others. In addition, moments of active listening were implemented to explore patients' feelings during treatment. **Results:** The medical students held 51 meetings with hemodialysis patients who chose to take part in the proposed activities. Through dynamic approaches and active listening, essential information for improving quality of life became more accessible, enabling patients to better understand their condition. Furthermore, with the answers to the quizzes, it was possible to notice an improvement of the results. In addition, the academics had the opportunity to experience the daily lives of hemodialysis patients up close, getting to know their individual stories and their feelings throughout the course of the disease. **Conclusion:** The project provided an environment of support and information sharing in order to promote better adherence to treatment, self-care and improved quality of life for hemodialysis patients. It also gave medical students a deeper understanding of the limitations faced by patients with CKD.

**Keywords:** Renal Dialysis; Chronic Kidney Disease; Quality of Life.

## EXPERIENCE REPORT

# A game-based intervention to promote emotional intelligence among adolescents: an experience report

*Uma intervenção baseada em jogos para promover a inteligência emocional entre adolescentes: um relato de experiência*

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## ABSTRACT

**Introduction:** The Pan American Health Organization highlights the importance of promoting mental health among young people to tackle future challenges. Improving the mental well-being of teenagers involves addressing deficiencies in emotional skills that this demographic faces. In this regard, programs that aim to improve emotional intelligence in adolescents are crucial interventions. **Objective:** This project aimed to empower teenagers to better recognize and manage their emotions. **Methods:** The method, designed for a group of 50 adolescents from a youth apprentice program in a Brazilian capital, was conducted over the course of a day. They participated in small group activities featuring a custom card game comprising Situation, Emotion, and Action cards. Through analyzing scenarios, identifying emotions, and proposing problem-solving strategies based on these cards, the objective was to cultivate empathy, problem-solving skills, and emotional intelligence. Finally, a mental health lecture was given to provide technical understanding. Additionally, a Google Drive folder was set up with resources to help the adolescents continuously develop their emotional literacy. **Results:** The analysis of the action revealed that many adolescents have misconceptions about mental health. Participants expressed concerns about balancing their studies, work, and family dynamics while recognizing the importance of these aspects in dealing with emotional challenges. The influence of friends was also observed, both in shaping opinions and decisions during group moments and in encouraging active participation. However, a limited timeframe of the action posed as a limitation and to address this, a Google Drive was created, providing participants with ongoing access to materials to continue their emotional learning independently. The target youth and institution collaborators provided positive feedback. **Conclusion:** The action has shown potential in enabling teenagers to understand and manage their emotions and mental health. The positive feedback received indicates its effectiveness. Future efforts could explore long-term interventions for a more sustained impact.

**Keywords:** Adolescent and Youth Health Information; Interactive Learning; Mental health; Feelings.

## EXPERIENCE REPORT

# Presentation and “question and answer” session on contraceptive methods and prevention of sexually transmitted infections for students: experience report

*Apresentação e tira-dúvidas dos alunos acerca de métodos contraceptivos e prevenção de infecções sexualmente transmissíveis: um relato de experiência*

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## ABSTRACT

**Introduction:** According to data from the 2019 National School Health Survey, 35.4% of students aged 13 to 17 have already had their first sexual intercourse, with the majority of the sample being students from public schools. In this same population, less than 60% use condoms, and about 9% of girls have already become pregnant without planning. These data reflect the consequences resulting from social vulnerability and lack of access to safe information about reproductive health. **Objective:** In view of this scenario, a project was proposed to share relevant and safe information with teenage audiences aiming to empower them on topics such as intimate hygiene, contraceptive methods, and prevention of sexually transmitted infections. **Methods:** Thirty medical students conducted the activity at a Municipal Public School in Belo Horizonte, from August 7 to September 29, 2023, with students aged 11 to 17. The intervention was carried out through interactive workshops with expository classes and dynamics of “question and answer” sessions and quizzes on subjects related to sexual health. **Results:** There were 16 visits to the school, and a total audience of 180 students, allowing guidance on the proposed topics. The activity enabled the medical students to acquire teaching skills through accessible language, enriching medical education through contact with a vulnerable population outside the clinical-hospital setting. Furthermore, the provided information will contribute to making safer and more informed decisions regarding the health of participating adolescents. **Conclusion:** Finally, the intervention provided a safe and respectful space for questions, achieving its goal of providing information and guidance to the students of the institution, impacting individual and public health levels.

**Keywords:** Sexual Health; Contraception; Sexually Transmitted Infections.

## EXPERIENCE REPORT

# Extension project on the mental health and self-care with socially vulnerable women: an experience report

*Projeto de extensão sobre saúde mental e autocuidado com mulheres em vulnerabilidade social: um relato de experiência*

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## ABSTRACT

**Introduction:** Social vulnerability is deeply related to health conditions inequality. Women, especially the marginalized ones, suffer from lack of time and space to talk about their health and selfcare. In that context, the association where our project took place, has been offering support to the population from a low income neighborhood in Belo Horizonte, Brazil, for 56 years. Therefore, the project “Mulheres em Ação” decided to help women from this association. **Objectives:** To carry out an experience report on the extension project associated with self-care for women in social vulnerability, developed by a group of students from Faculdade de Ciências Médicas de Minas Gerais. **Methods:** The extension project was developed in the second semester of 2023 in an organization that provides support to the population of an underprivileged neighborhood in the west region of Belo Horizonte. The target demographic consisted of women, aged 18-70, waiting to receive food provided by the association. The project activities focused on self-care through meditation and mindfulness, as well as a roundtable discussion facilitating the exchange of experiences, tips, and personal reflections. The objective was to promote daily acts of self-care with a focus on mental health. **Results:** A group of approximately 20 women attended the meeting and the result was very positive, with feedback from participants about the motivation for self-care that the activity triggered in them. Furthermore, when asked about activities that gave them pleasure, two women reported that they liked being hugged, which started a movement of hugs in the middle of the meeting, which was a special and memorable moment. **Conclusion:** The project managed to address important topics such as self-care, self-knowledge, hygiene measures, mental health, stretching and physical exercise in a relaxed way. Throughout the project, it was possible to witness the engagement of women during the proposed dynamics.

**Keywords:** Social vulnerability; Mental health; Self-care.

## EXPERIENCE REPORT

# Impact of physical exercise on women's functional capacity in postmenopause: an experience report

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## ABSTRACT

**Introduction:** Aging causes continuous and permanent changes in an individual's biological, structural, and functional characteristics. Estrogen deficiency is associated with decreased basal metabolism, loss of muscle mass, and increased central obesity. Even in the face of inevitable changes of aging, an appropriate physical exercise program can delay the pace of this degenerative process and increase quality of life. **Objective:** Report the benefits caused by physical exercise on the functional capacity of climacteric women. **Method:** The project, developed from February 2023 to February 2024, had the participation of 14 women over 45-65 years old. It was a physical exercise protocol with progression of load and use of plastic containers. The protocol was carried out by a physical education professional and supervised by medical students, after being adequately guided. Classes happened three times a week, each class lasting one hour, via Google Meets, totaling 36 classes. At the end, participants responded to a questionnaire via Google Forms about their subjective perception about the results. **Results:** At the closing meeting of the project, the 14 participants had the opportunity to share their individual experiences, providing a broad view of the positive impact achieved through the implementation of supervised physical exercise practices. Among the points highlighted by them, there was an emphasis on the quality of life in different aspects, such as improved sleep, self-confidence, and energy levels. In addition to these parameters, patients reported improvement in symptoms associated with climacteric, such as reduced anxiety and irritability. Furthermore, other observed benefits included improvement in physical endurance and muscle and joint pain. **Conclusion:** Regular physical exercise is essential for improving the functional capacity of climacteric women. The project was successful in promoting weekly and supervised activities that improved the quality of life, climacteric symptoms, and physical performance of the participants. **Keywords:** climacteric, menopause, chronic diseases, physical exercise, physical capacity.

## SUMMARY OF ORIGINAL STUDIES RESULTING FROM EXTENSION OR EDUCATION AND HEALTH ACTIVITIES:

### Do successful professionals exist?

*Profissionais de sucesso existem?*

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#### ABSTRACT

**Introduction:** It is known that, in the context of high school, professional choice begins to be thought about by young people, as well as aspects related to entering the job market initially to be identified and understood. Influences from different areas become greater in this context, which often makes the young person's choice process difficult. **Objective(s):** To provide opportunities for young people in high school to critically reflect on their professional choice, taking into account the different possibilities that exist in the current world of work and considering the different influences present in this process. **Methodology:** In the first semester of 2023, a group of 5 Psychology classes planned and held a Conversation Circle (Afonso, 2008, p. 18), lasting 1 hour, with 25 young people from the second year of High School, in a private school in Belo Horizonte, as an extension activity for the Professional Guidance discipline. During the Round, interaction and exchange between students were sought, as well as critical reflection on their choices, interests, skills, competencies and perceptions. **Results:** We obtained good participation and engagement from students during the Conversation Circle. There were discussions about different future perspectives, considered by them and about social and family influences that impact the choice, contributing to a more critical reflection on their contexts. **Conclusion:** We realized that the objectives set for the activity were achieved, and based on the students' reports, we see that the activity led to the expansion of the repertoire of self-knowledge, thus favoring a more conscious and better reflected professional choice. **Keywords:** Work; Education Primary and Secondary; Career Choice.

## EXPERIENCE REPORT

# Myths and truths in health: health promotion at school

*Mitos e verdades na saúde: promoção da saúde na escola*

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## ABSTRACT

**Introduction:** The Health at School Program is an important program to combine health awareness and education to contribute to the comprehensive training of students through health promotion, disease prevention and rehabilitation actions. Through playful activities it is possible to approach health topics in an efficient and enjoyable way, capable of obtaining more reflection and therefore engagement on the part of students. **Purpose:** Report the experience of medical students in carrying out health promotion actions focused on myths and truths about health-related topics with elementary school students. **Methods:** During the practice of the Public Health discipline, 2nd period medical students made fifteen statements about myths and truths about health-related topics with 4th and 5th year students from a state school located in the western region of Belo Horizonte. The medical students asked the questions and the students answered whether the statement corresponded to myth or truth. From there, the medical students explained the content and discussed the topics, clarifying any questions that came up. **Results:** Effective participation on the part of students and involvement with the topics discussed was noticed, in addition to the opportunity to generate a space for reflection and better understanding of subjects, often misunderstood by common sense. Around 60 students were present and participated. **Conclusion:** It was concluded that health promotion actions at elementary schools are extremely important for clarifying misunderstandings and rethinking and eliminating inappropriate habits, sometimes due to a lack of knowledge on health-related issues and disseminating information to promote quality improvement. of people's lives.

**Keywords:** Health, Education, Health promotion, Health at School, Quality of life.

## EXPERIENCE REPORT

# “Pegada” – new pathways for diabetes: an experience report in healthcare education

*Projeto Pegada – novos caminhos para o diabetes: um relato de experiência em educação em saúde*

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## ABSTRACT

**Introduction:** Health education is crucial for guiding self-management in Diabetes Mellitus (DM), potentially averting micro and macrovascular complications associated with wide glycemic variability. Peripheral neuropathies are common in diabetic patients and can result in diabetic foot ulcers and amputations. Diabetes education facilitates self-care, mitigating the impact of this condition on the population. **Objective:** To ensure quality longitudinal medical care in DM. **Methods:** This study involved patients aged above eighteen with a prior diagnosis of type II DM, receiving care at a 100% SUS outpatient clinic in Belo Horizonte, Minas Gerais, from March to August 2023. Academic support included anamnesis, comprehensive physical examination, glycemic monitoring, assessment of peripheral polyneuropathy, lower limb pulse and trophism evaluation and self-care guidance. Evaluation criteria included glycemic profile improvement and appointment attendance. **Results:** Across eleven weekly sessions, fifteen patients, predominantly from low-income families, received care. Each patient attended two to three sessions based on clinical complexity, including initial consultation and follow-ups. Glycemic profile improvement was monitored through daily glucose measurements and glycosylated hemoglobin levels for long-term participants. In-person attendance was 60%, reflecting little engagement with initial concepts, yet significant absenteeism hindered longitudinal analysis of diabetes-related polyneuropathy symptoms. **Conclusion:** Despite demonstrating effectiveness in its preliminary outcomes, the individualized and longitudinal follow-up of individuals with diabetes still poses a challenge in promoting motivating techniques for the target population to engage in self-care practices, thereby preventing chronic complications such as diabetes-related polyneuropathy.

**Keywords:** Diabetes mellitus; Diabetic foot; Glycemic control.

**Financial support:** This study was supported by Faculdade de Ciências Médicas de Minas Gerais.

## EXPERIENCE REPORT

# Conversation circle: a space to provide mental health support for young people

*Roda de conversa: espaço de cuidados com a saúde mental de jovens*

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## ABSTRACT

**Introduction:** Within the academic scope of the psychology graduation course, an extension project was proposed during the subject “Teoria e Técnicas de Grupos”. The project took place in a state school in Belo Horizonte with students from the technician course. The proposition was to create a space for conversation circles on Mental Health Care. **Purpose:** To present the psychology course’s extension practice focused on mental health care in a state school in Belo Horizonte. **Methods:** The extension activities happened from August to November in 2023. Initially, the activity was developed at the College along with the supervisor teacher, and then three meetings were held at the school. About twenty students from the technician course took part in the action. The conversation circle’s main purpose was to promote interactions and interpersonal exchanges on mental health topics that directly or indirectly affected these students’ daily lives. **Results:** During the conversation circles, it was observed that the group had a good rapport with the psychology students who were leading the discussions. The students could speak freely so the bullet points of psychological distress showed up. The group recognized what their peers were sharing, and they were helping each other to find mental health care strategies. The psychology students emphasized ways to care for mental health, as well as highlighted public services to which they could be referred to. **Conclusion:** In order to raise awareness among the young people who voluntarily participated in the meetings, the project brought some approaches that aimed to make mental health a less aversive topic, showing the students how they could seek help and which institutions they could turn to.

**Keywords:** Students; Mental health; Psychology; Health strategies.

## EXPERIENCE REPORT

# Experiences of the education against tobacco (EAT) extension program at a higher education institution

*Experiências do programa de extensão educação contra tabagismo (EAT) em uma instituição de ensino superior*

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## ABSTRACT

**Introduction:** Tobacco is the leading single preventable cause of death worldwide. Its use typically initiates early in adolescence (13-14 years old). Over 50 tobacco-related diseases have been documented, impacting major bodily systems detrimentally. In this context, Education Against Tobacco (EAT) emerges as a global network of health science students and physicians aiming to combat teenage smoking. **Purpose:** To report the authors' experiences in the practices conducted during the extension program and their benefits for both young people and academic extensionists. **Methods:** From June 2023 to February 2024, interactive lectures were conducted for students in Middle School and High School from public schools in Belo Horizonte, Minas Gerais. These sessions addressed pertinent issues regarding smoking among teenagers, such as its financial, aesthetic and health impacts, utilizing materials provided by EAT Brazil, which were adapted to the local reality. A pre-intervention Google form was utilized to ascertain how many students smoke, reasons for smoking and which type of cigarette is most prevalent among them. At the end, another form was provided for teachers to evaluate students' engagement and one for extensionists to assess their actions and record students' remarks and feedback during the lecture. **Results:** The project involved 14 extensionists who conducted 4 actions in 2 public schools reaching approximately 100 students, produced materials for social media, participated in an in-person event for the National Day Against Smoking and organized the 3rd National Congress on Education Against Smoking. Challenges included finding partner schools in the initial phase of the project and adapting materials to local realities, but enhancers such as the "Smoker Face" app and interactive lectures were utilized. **Conclusion:** EAT demonstrated the importance of preventive strategies in combating smoking, as well as the necessity for a multidisciplinary and integrated approach to address this public health challenge.

**Keywords:** Smoking; Anti-tobacco education; Teenagers.

## EXPERIENCE REPORT

# “Sowing health: actions to promote comprehensive health for school children and adolescents”

*“Semeando saúde: ações de promoção da saúde integral para crianças e adolescentes escolares”*

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## ABSTRACT

**Introduction:** Health-focused extension actions are essential for promoting physical, mental, and social well-being, especially in children and adolescents. This age group faces social, biological, and psychological changes that, in an unfavorable context, can result in unhealthy behaviors such as sedentary lifestyle, poor diet, smoking, and alcoholism. **Purpose:** To report the experience of a group of medical students in promoting comprehensive health actions to elementary students in the public school system. **Methods:** From September 2023 to April 2024, the actions were developed in a public school in Belo Horizonte. The target audience was elementary school students, aged between 6 and 15 years. The activities included video presentations, dynamics, and discussions on topics such as healthy eating, smoking, physical exercise, sexual health, and hygiene. The materials used included audiovisual and printed resources, and the action evaluation instruments included direct feedback from participants and qualitative observations by the academics. **Results:** During the project period, nine meetings were held with active participation from about fifteen students. The experiences reported by the students and the project team indicated a significant increase in interest and understanding of the topics addressed. The most highlighted topic was healthy eating. The academics noticed a substantial improvement in interaction with the students, which enhanced the learning and engagement process. A critical analysis of the results suggests that such interventions are fundamental to encouraging healthy behavioral changes in this age group. **Conclusion:** The extension action proved to be a promising initiative in promoting comprehensive health, with suitable and effective activities for the target audience. The experience highlights the importance of active involvement of academics in health education, contributing to an environment that favors meaningful learning and the adoption of healthy life habits.

**Keywords:** Health Promotion, Child, Healthy Lifestyle

## EXPERIENCE REPORT

# The impact of group conversation methodology

*O impacto da metodologia de conversação em grupo*

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## ABSTRACT

**Introduction:** This report discusses the impact of the group conversation methodology, based on the experience of psychology trainees during their Basic Internship in Education, carried out in a private school with high school students. The methodology was used to identify the paralyzing demands of the group, the issues experienced by adolescents, and then to work on disidentifying individuals. **Objectives:** To present the experience gained by psychology students during their internship. **Methods:** The conversation methodology consists of a research-intervention device that takes place over five meetings and uses free association to establish the act of conversation, with the group's words and symptoms as the main focus. The practice took place from March 12 to April 19 this year, with five meetings held once a week. The first meeting was a diagnostic conversation, in which the students presented their collective demand. In the following meetings (the second, third and fourth), led by three trainees, the Conversation took place in which the students brought up the paralyzing issues related to what had been presented in the first meeting. At the end of the four Conversations, there was a feedback session in which the students explained what they thought the institution needed to know. **Results:** Over the course of the five meetings, the school's students gained the ability to separate themselves from the collective in order to understand their own perceptions of the group's demands. **Conclusion:** The practice in the internship proved to be enriching in terms of correlating the theoretical studies acquired in class, in order to understand the work of Educational Psychology, reinforcing the importance of listening in the professional practice of psychologists.

**Keywords:** Adolescents; Educational Psychology; Practice (Psychology).

## EXPERIENCE REPORT

# Reflective group with men perpetrators of violence in the program “Dialogar”

*Grupos reflexivos com homens autores de violência no Programa Dialogar*

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## ABSTRACT

**Introduction:** The report aims to present a partnership established between a private college in Belo Horizonte, specifically in the Psychology course, and the State Department of Investigation, Guidance, and Protection of the Family (DEFAM). This collaboration allows students to act as monitors in the Public Policies discipline, complementing their education in the Program Dialogar (PD), conceived by DEFAM, which aims to intervene to raise awareness among men who perpetrate violence against women. In this regard, it aims to expand the space for dialogue in higher education, address issues of a public health problem, violence against women, and contribute to institutional improvements. **Objective:** Report on the experience of students in the PD through the extension of Public Policy. **Methods:** The extension runs from July 2023 to the present. During 2023, semi-structured interviews were conducted with the technical team of the PD, which were recorded, transcribed, and analyzed. This process aimed to learn about and document the history of the PD and map the perceived demands of the technical team. The extension is currently ongoing with the aim of collaborating in the creation of a service network for referrals. **Results:** Eight meetings were held, with four monitors and one supervising lecturer. The extension contributes to expanding knowledge about the operation of a device to combat and prevent violence against women and the psychosocial intersections of the men assisted. It stimulates critical thinking, humanized work, understanding, and contact with different realities. **Conclusion:** The partnership established between the private college and DEFAM has proven to be an important step in promoting practices to address violence against women. The extension experience revealed the relevance of the PD in raising awareness and re-educating the men assisted and the fundamental role of Psychology in building a fairer and more egalitarian society. **Keywords:** Public Policy; Masculinity; Violence Against Women.

## EXPERIENCE REPORT

# Terminality: perspectives on the role of psychology within the hospital environment in the face of the finitude of life

*Terminalidade: perspectiva sobre a atuação da psicologia dentro do ambiente hospitalar frente à finitude da vida*

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## ABSTRACT

**Introduction:** One of the goals of the National Policy for the Humanization of SUS Care and Management is to bolster humanization initiatives by offering “user embracement”, which is about recognizing what the other brings as a legitimate and singular health need. In this regard, it’s crucial to provide a platform for family members to express their challenges in coping with the illness and terminal conditions of their loved ones.<sup>1</sup> Considering the inevitability of life, it’s evident that death is perceived differently across cultures.<sup>2</sup> **Objective:** To present the challenges encountered in facing the terminality of life and the redefinition of life’s finiteness as a stage in human existence. **Methodology:** The internship in collective health was conducted in the first semester of 2024 by psychology students at a SUS general hospital in Belo Horizonte. The students worked in pairs, providing care in three sectors: a waiting room and two clinical inpatient wards. **Results:** It was observed in one of the cases a patients’ denial of the imminent death of his hospitalized relative. The proximity to the loss led to conflicts with the patients’ identities, underscoring the importance of user embracement and appropriate referral. According to Pereira<sup>3</sup>, there’s no consensus on the exact concept of death, but individual experiences can be acknowledged and embraced in light of its inevitability. **Conclusion:** Given the factors discussed, it’s evident that user embracement is crucial as it aids individuals in recognizing their needs through active listening, the main goal of the practice in this report. The end of life represents a phase in the existential journey, and it’s essential to dispel beliefs and fantasies surrounding this topic, enabling individuals to confront death as an inevitable reality worth experiencing despite its inherent pain

**Keywords:** Public health; user embracement; humanization of assistance.

**Financial support:** if there is, the name of the sponsoring agency or institution must be specified. All abstracts supported by the Faculdade de Ciências Médicas de Minas Gerais must indicate the support

## EXPERIENCE REPORT

# Trupi's (De)identification

*(Des)identificação da Trupi*

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## ABSTRACT

**Introduction:** The Curricular Internship of Psychology-Education aimed to care for the demands of high school students presented by a private school from Belo Horizonte. The psychoanalytic method of Conversation was used, an instrument of research intervention that seeks to de-identify a group paralyzed by a deadly identification. The complaint of the institution was based on the fact that the students did not participate in school activities and suffered from a long-term “anxiety crisis”. **Objective:** To report the experience of an intervention led by the academics of the psychology course with high school teenagers. **Methods:** Conversation is a method of research-intervention of psychoanalysis that aims to provide the de-identification of a paralyzed group through a lethal identification, as “anxiety” in this scenario. There were weekly sessions from February 2024 to April 2024 that lasted about one hour. After each conversation, supervision was conducted so that the interns could analyze the most important points of the practice to work on in the next meeting. **Results:** The referred internship was constructed through five meetings with ten academics and about ten high school students, and five supervisions with the professor in charge of the interns. During the conversation, the adolescents related the anxiety mentioned to the “messing around/indiscipline” of other classmates, calling them “Trupi”. Throughout the sessions, they were able to recognize that they too were “messing around” and brought up attitudes that hardened the relationship and social interaction with them and the teachers. The devolutive helped them to communicate the demands of the students that weren't perceived by the institution. **Conclusion:** The method of conversation allowed the academics to learn how it is possible to intervene through words in a paralyzed group, providing them with self-strategies to de-identify from the deadly nomination that symptomized them.

**Keywords:** Adolescent; Education; Identification, Psychological.

## EXPERIENCE REPORT

# How psychic illness can be impacted by social determinants

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## ABSTRACT

**Introduction:** Social determinants express, in many situations, a conflicting relationship with the mental health conditions Disorders usually found in lists of symptoms in the Diagnostic and Statistical Manual of Mental Disorders (DSM-V) relate to indicators of poverty and low quality of life. Some factors such as poor nutrition, emotional stress, lack of basic sanitation, illiteracy and countless others have a strong association with symptoms of hopelessness, demotivation and lack of interest, which appear frequently in the description of bipolar, depressive and personality disorders. This study aims to understand the impact of different social determinants (economic, cultural, ethnic and racial) on the process of psychic illness. Among them, singular subjects, who for the most part, report signs of psychological suffering and face a precarious reality. **Methods:** Six students of the psychology course, during the collective health internship activities at the outpatient clinic of the Faculdade Ciências Médicas, made direct observations about the process of psychic illness and the influence of social determinants, based on conversations with patients in the waiting room, during the first half of 2024. **Results:** It was observed that during the receptions in the waiting room, most of the thoughts, anxieties and difficulties were connected to feelings like fatigue, loneliness and hopelessness. When they were asked about their medical appointments, many symptoms were loaded with stories and feelings, related to situations of poverty, lack of access to basic care and a feeling of exception. **Conclusion:** It is important to recognize that health as a whole is beyond physical and biological conditions. The daily reality, which includes occupational risks, poor working conditions, lack of network support and family management, have an effect on individual psychological processes, how they see themselves. In this way, health care becomes, mainly, a political and social debate.

**Keywords:** Social phenomena; Psychic symptoms; Public health

## EXPERIENCE REPORT

# University extension within the context of Public Policies

*Extensão universitária no contexto das Políticas Públicas*

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## ABSTRACT

**Introduction:** The report aims to account for a University Extension on Public Policies realized by a philanthropic college in Belo Horizonte (BH), which established a partnership between the Psychology Course and a Solid Waste Cooperative. The extension program promoted a discussion on the issue and the perception of the need to change habits based on acquiring theoretical and practical knowledge related to the National Policy of Solid Residues (PNRS). **Objective:** To report on the experience lived by the academics of the psychology course in the Public Policies extension. **Methods:** The university extension materialized between August and December 2023, with weekly sessions grounded by the improvement of theoretical and practical knowledge of the PNRS and the planning of activities to contribute to the services of the target cooperative. Documentaries, institutional documents, texts, and pamphlets were used to understand the matter. A technical visit was organized to learn about the cooperative's assignments, and participation in a public hearing was arranged on policy issues in the natural environment that directly affected the life of the partner cooperatives of BH City Hall. A capitation in a neighborhood in the eastern region was performed through an active search, using printed leaflets about the cooperative to distribute guidance on properly disposing of solid waste. **Results:** The extension occurred with nine classroom sessions, with a contingent of 20 academics and two professors. The program contributed to disseminating knowledge about PNRS, environmental awareness, and the mechanisms of the cooperative's services. Furthermore, it promoted critical thinking on a less accessible reality by the academics. **Conclusion:** Environmental awareness and responsible management of solid waste are essential in conversations about natural environmental challenges. The practice highlighted the importance of psychosocial and environmental interventions, the role of education and social mobilization, and the need for institutional commitment to promote sustainable activities.

**Keywords:** Waste Pickers; Solid Waste; Environmental Policy.

## EXPERIENCE REPORT

# Reception for judicial patients at PAI-PJ

*Acolhimento ao paciente judiciário no PAI-PJ*

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## ABSTRACT

**Introduction:** The Comprehensive Care Program for Judicial Patients with Mental Suffering (PAI-PJ) aims to advise the justice system on the individualization of the application and execution of security measures and sentences for judicial patients. The Acolhida Project, through a partnership between the Court of Justice of Minas Gerais (TJMG) and a higher education institution, serves as a gateway to the program. Its objectives include the reception, evaluation, and initial monitoring of judicial patients. **Objective:** To report details of the experiences of Psychology students who participated in the interdisciplinary reception team of the “Acolhida PAI-PJ” extension. **Methods:** Conducted from August to December 2023, the extension involved biopsychosocial assessments of referred judicial patients. Data were collected through interviews, home visits, and consultations within the health network. Weekly supervisions were held to discuss cases and plan further interventions. At the end of the evaluation period, reports were prepared for the judge to ensure justice and uphold the rights of the individuals involved. **Results:** The program conducted 20 meetings involving 16 students from Psychology, Nursing, and Medicine, along with 2 teachers and 1 psychologist from the institution. An active search was conducted for 21 patients. The extension expanded participants’ knowledge about the operation of health services, psychopathologies, and the vulnerabilities of the subjects assisted. It also enhanced understanding of the judicial aspects and biopsychosocial factors affecting the subjects. The program fostered critical thinking and promoted a humanized, multidisciplinary approach to working, understanding, and engaging with diverse realities. **Conclusion:** The PAI-PJ plays a crucial role in safeguarding the rights of judicial patients by providing essential support throughout their legal process. The extension offers unique learning experiences for students, who confront various situations related to the vulnerabilities of the subjects assisted, thereby gaining technical, scientific, social, and cultural knowledge.

**Keywords:** Mental Health; Reception; Public Policy.

## EXPERIENCE REPORT

# The cultural impact of women in intra-family care

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## ABSTRACT

**Introduction:** Psychological care is crucial to emotionally support of those who are supporting hospitalized patients, especially in hospitals belonging to the Public Health System (called sus in Brazil). When facing episodes of family illness, women also take on the role of companion or caregiver. This study analyzes the role of women in the family and social context, showing how social roles continue to influence intra-family care. It has a direct impact on mental health. **Objective:** This article aim to discuss the role of women as primary caregivers, the overload of activities they take on and the impact this has on their physical and mental health. **Methods:** During the first semester of 2024, the authors worked in pairs in the hospital corridors, actively listening to and analyzing the cases of patients' companions in a reference hospital that provides care exclusively through the sus, during an internship in Collective Health. **Results:** It was found that most of the caregivers are women, who face difficulties in finding support to reconcile hospital demands with domestic responsibilities. Of the 23 women cared for, all felt overwhelmed, guilty and deprived of their own lives, reflecting the negative impact on their quality of life. **Conclusion:** The cultural context imposes on women the obligation to care not only for the sick person, but also for other demands of family, financial and social life, resulting in physical and mental exhaustion. The evidence shows an overload of care and a lack of time for self-care, reinforcing the need for psychological and social support, as well as the importance of welcoming and the humanization policy of the sus as a tool for expressing these subjects.

**Keywords:** Women's health; Public health; User Embrace; Mental health; Family Health.

## EXPERIENCE REPORT

# Nursing Program at primary care in health as an educational tool in higher education

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## ABSTRACT

**Introduction:** Basic Health Units are managed by health specialists, who do not always have the knowledge or training to perform the role. In this work, the report of experience in a Basic Health Units will be mentioned, observing health management issues. **Purpose:** This experience report seeks to show how management issues work in primary care in relation to the nursing program. Justifying the need for good health management, with the use of the nursing program to ensure good progress and functionality for professionals and users at the Basic Health Units. **Methods:** The method used was an experience report, with qualitative characteristics, descriptive and observational method. The events during the nursing undergraduate internship, in a Basic Health Unit in the period from 06/02/2024 to 21/03/2024 were related. The target audience profile was employees, and the activities carried out were reception, vaccination, biological material collection, dispensing of medicines. **Results:** The experience made it possible to consider the lack of use of the nursing program in the service management, demonstrated by disorganization, complaints from users and some errors in care. Thus showing how the role of the nursing professional in management at a Basic Health Units and how the use of the nursing program can improve the progress and functionality of professionals at public health. The aspects that hindered good management or the use of nursing professionals is the lack of specialization in the area of management or nursing degree. The limitations found were team adherence in implementing the nursing program. **Conclusion:** The experience confirmed the importance of using nursing professionals to improve management in primary care, increase the efficiency and quality of care in health.

**Keywords:** Nursing Program; Basic Health Unit; Management in health.

## EXPERIENCE REPORT

# Metropolitan Internship: Activities Performed by a Nurse in the Basic Health Unit in the Face of an Arbovirus Epidemic

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## ABSTRACT

**Introduction:** The supervised internship plays a crucial role in integrating theoretical learning with practice, offering the opportunity to experience the reality of serving the public and gain professional experience. The contact between professional and patient is unique for the training of good professionals. **Purpose:** To report impressions and lessons learned in a Basic Health Unit in the metropolitan region of Belo Horizonte, highlighting the importance of the role of nurses in primary health, with a focus on arbovirus cases, especially Dengue. **Methods:** Activities such as screening/nursing consultation, rapid tests and collection of exams that were essential for care in the current dengue epidemic were carried out, in addition to the realization of a Waiting Room that made it possible to observe the level of knowledge of users and answer questions about the symptoms, prevention and treatment of the disease. The action was carried out on March 20 and the other activities were carried out throughout the period of 30 working days in the months of February to March 2024. **Results:** Throughout this period, there was good receptivity and adherence of the service users to the treatment and information provided. This experience was essential to consolidate theoretical knowledge and develop skills in primary health care. A potentiating point was the fact that the employees are well instructed and the teamwork is visible, which resulted in good quality care. However, due to the high demand and lack of human resources, there was a lot of work overload and consequent stress for employees and users. **Conclusion:** Despite what described before, the integration between theory and practice provided by the internship helped to develop essential interpersonal skills in patient care, especially when it comes to initiative and decision-making. **Keywords:** Basic Health Unit; Primary Health Care; Health promotion.

## EXPERIENCE REPORT

# Geloteca: social transformation through reading.

*Geloteca: transformação social pela leitura.*

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## ABSTRACT

**Introduction:** The Geloteca extension project had as its main objective to provide a pleasurable contact with books through restyled refrigerators used as libraries, aiming to stimulate the habit of reading in children whose learning was affected by the Covid-19 pandemic. Thus, with Geloteca and activities from medical students, linguistic skills were developed, imagination was stimulated, and intellectual autonomy was strengthened. **Objective:** To renew books in the Geloteca and create a routine to encourage reading among children participating in the Integrated School Program PBH. **Methods:** Carried out during the second semester of 2023, the project aimed to serve children between 6 and 9 years old. With a total of 25 participating students, activities were offered to promote the students' development. The dynamics included six workshops, highlighting puppet theaters, literary suitcases, and reading circles. For its execution, materials such as puppets, books, and stationery were used. The project evaluation was mainly based on teacher reports, which provided feedback on the students' development, as well as on the observation of how easily the dynamics were carried out by the participants. **Results:** During six meetings of the students with 25 children, an increase in interest in reading was observed, evidenced by the growing number of book loans and increased participation in the activities. This engagement reflects the importance of active involvement in the promotion of literary education. Additionally, teachers highlighted the development of the children, noticed by the improvement in reading in the classroom. Although the results are promising, challenges such as the availability of materials and limited time hindered the project's implementation. **Conclusion:** The project had social, environmental, and cultural impact, offering access to reading and generating knowledge for children affected by the pandemic. The Geloteca will remain as a legacy, ensuring the continuity of the reading habit and promoting lasting socio-educational transformations.

**Keywords:** Children; Reading; Educational Activities.

**Financial support:** Faculdade de Ciências Médicas de Minas Gerais.

## EXPERIENCE REPORT

# Domestic violence in the daily lives of women in vulnerable situations: a multidisciplinary experience

*Violência doméstica no cotidiano de mulheres em situação de vulnerabilidade: uma experiência multidisciplinar*

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## ABSTRACT

**Introduction:** The university extension enables the integration of knowledge among students, teachers, and society, allowing for the production of new scientific and popular knowledge, thereby forming professionals capable of promoting health. The phenomenon of violence against women is a public health issue due to its impact on biological, social, and psychological levels, directly affecting health and quality of life. In light of this proposal, the extension practice aimed to raise awareness and support women in vulnerable situations in a multidisciplinary context to achieve equity in access to justice and health services. **Objective:** To report the experiences of health academics regarding their encounters with domestic violence in the daily lives of vulnerable women. **Methods:** The extension project was developed in the second half of 2023 in a social organization that provides support to the population of Belo Horizonte. The target audience consisted of women, aged between 18 and 70, who were waiting to receive food provided by the association. The intervention on domestic violence focused on the exchange of experiences, guidance and clarification of doubts with the delivery of information letters. **Results:** During the meeting, 20 women participated in the conversation. Based on the reports, it is clear that domestic violence is present in the lives of most women. Furthermore, it was possible to observe the need they had to share their experiences with someone and how difficult it is to face these adversities, further reinforcing the need for domestic violence to be a topic present in discussions. **Conclusion:** During the dynamic, women's engagement provided a supportive environment and strengthened community ties, revealing the seriousness of domestic violence. Based on the reports, it is clear that university extension not only expands knowledge, but also contributes to a more just and supportive society.

**Keywords:** Domestic Violence; Equity in Access to Health Services; Public Health.

## EXPERIENCE REPORT

# The use of laboratory practice to stimulate learning for first-years high school students.

*O uso da prática em laboratório na estimulação da aprendizagem para alunos de primeiro ano do ensino médio.*

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## ABSTRACT

**Introduction:** Education is the basis for the formation of citizens, being of paramount importance for the construction of value judgments, freedom of thought and critical sense. Bill 6356/19 recommends that all schools, public or private, offer science laboratories, as practical classes in laboratories are fundamental for the development and stimulation of reasoning. **Objective:** Report the experience of the “Apply to develop” extension project, in which medical students taught laboratory classes to a 1st year high school class. **Methodology:** Throughout the second semester of 2023, students from the Medicine and Nursing course, under the guidance of a professor, developed an extension program in the laboratory at a school in Belo Horizonte. The project held monthly interdisciplinary meetings with 79 first-year high school students, addressing topics related to their current theoretical disciplines: human physiology. Four meetings were held covering the reproductive, respiratory, circulatory and digestive systems. **Results:** At each meeting, priority was given to presenting a theoretical part and a practical part on the subject to students to better capture the content. Due to this approach and the chosen themes, great feedback was received from students and support staff about the project. At each meeting, the students became more interested and participative, which confirmed the great potential and impact of the project on the students’ education. Based on the results presented, the school demonstrated its interest in continuing the work in the next semester. **Conclusion:** Given the positive impact of the “Apply to develop” project, it is possible to conclude that by complementing theoretical learning with practical activities, there is greater interest on the part of students. Furthermore, following positive feedback from students and the institution, it can be concluded that the fusion of traditional teaching with independent thinking approaches has the potential to increase content retention and student attention.

**Keywords:** Schools; Science; Laboratories; Health Education.

## EXPERIENCE REPORT

# Student extension project “Apply to develop”: presentation of the cardiovascular system for students in the 1st year of high school

*Projeto de extensão discente “Aplicar para desenvolver”: apresentação do sistema cardiovascular para estudantes do primeiro ano do ensino médio.*

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## ABSTRACT

**Introduction:** Since the beginning of civilizations, experimentation has always been present in man’s evolutionary process. Within the context of schools and education in Brazil, this approach is being increasingly valued and applied, bringing positive results for students. There is no doubt that science teaching must occur in an integrated manner with laboratory activities, as it is known that experiments are the most appropriate tool for building knowledge. **Objective:** Report the experience of the class on the cardiovascular system for students. **Methodology:** In the second half of 2023, an action on the cardiovascular system was carried out in a private school in Belo Horizonte with first-year high school students. The 79 students were organized into three classes, with 50 minutes meetings. During the action, were discussed the physiology and anatomy of the cardiovascular system. A practical dynamic was carried out with a pig heart, in which each student received a piece and was able to dissect and visualize important structures, correlating with the theory. To evaluate student dynamics and learning, an online questionnaire was carried out. **Results:** The student’s interest in the chosen topic was noticeable, mainly due to the practical activity involved. As a result, with the theoretical part being presented at first and only then the release of practical interaction, the students remained interested throughout the duration of the activity developed. In this way, it was possible to develop content-based and specific work with a teenage audience and still receive positive feedback from students about how the action impacted them. **Conclusion:** It is possible to conclude that by complementing theoretical teaching with applications in practical activities, there is greater participation and interest on the part of students. Given the positive feedback from adolescents, practical activities has the potential to increase content retention and students’ attention.

**Keywords:** Schools; Science; Laboratories; Health education, Cardiovascular System.

## EXPERIENCE REPORT

# Experience report on entrepreneurship and management classes taught to members of the Academic Health Entrepreneurship League

*Relato de experiência sobre aulas de empreendedorismo e gestão ministradas aos ligantes da Liga Acadêmica De Empreendedorismo Em Saúde*

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## ABSTRACT

**Introduction:** Innovation and entrepreneurship are increasingly relevant in the health sector. In this sense, the Academic League of Health Entrepreneurship (LAES) has played a crucial role by offering a set of comprehensive classes. The classes cover fundamental topics for the development of entrepreneurial and innovative skills, aiming to train health professionals to face market challenges. **Objectives:** Demonstrate the importance of the classes offered by LAES for the training and future of health professionals. The aim is to highlight how the knowledge acquired in these classes can positively influence the insertion of these professionals into the job market and encourage the creation of innovative health solutions. **Methods:** An analysis was carried out of the impact of online classes promoted by the league during 2023 for its members was carried out. In addition to reports from health professionals who participated in these classes. Both the theoretical and practical aspects of the classes were considered, evaluating the teaching methodology used and the teaching resources used for learning. **Results:** The topics covered during the 19 classes were essential for the development of entrepreneurial and innovative skills in health professionals. The combination of theoretical and practical content provided the 33 members of the academic league with a broad and strategic understanding of the healthcare sector and the challenges faced by entrepreneurs in this field. Furthermore, it encouraged the development of innovative solutions and of skills such as market analysis, design thinking, obtaining financing, accounting and basic investments. **Conclusion:** The classes offered by LAES played a fundamental role in the training and future of health professionals. The knowledge and skills taught influenced positively the insertion of professionals into the job market and encouraged the creation of new entrepreneurial solutions in the health sector.

**Keywords:** Lecture; Entrepreneurship; Diffusion of Innovation.

## EXPERIENCE REPORT

# Promoting quality of life: the role of physical exercise in Parkinson's disease

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## ABSTRACT

**Introduction:** Physical exercise is recognized for inducing improvements in motor symptoms and quality of life in individuals with Parkinson's disease. Additionally, the variety of exercise modalities has been shown to be safe and beneficial, providing a range of options for patients. Longitudinal studies indicate that longer intervention periods are associated with more favorable outcomes, emphasizing the importance of continuing exercise throughout disease progression. Furthermore, the availability of information about exercise programs can serve as a stimulus for adherence and regular practice. **Objective:** To report the benefits of physical exercise on the quality of life in individuals with a clinical diagnosis of Parkinson's disease or Parkinsonism. **Methods:** The extension project "Viva Melhor com Parkinson" was developed at a private higher education institution in Belo Horizonte, with the aim of promoting health through physical exercises and discussion circles with individuals who have Parkinson's Disease or Parkinsonism. 35 meetings were held in the second half of 2023, led by academics from the Physiotherapy, Medicine, Nursing and Psychology courses. At the beginning of the project, anamnesis and physical examination were carried out on each participant in order to track physical and cognitive aspects. The activities carried out included aerobic exercises, strengthening and resistance of peripheral and central muscles, power, coordination, balance and cognition. **Results:** The proposed actions, based on the general perception of students and patients, can demonstrate effectiveness in improving mobility, cognition and social interaction among participants. **Conclusion:** Physical exercise has been shown to be beneficial for promoting quality of life in individuals with a clinical diagnosis of Parkinson's disease and Parkinsonism.

**Keywords:** Parkinson's disease, physical exercise, students, quality of life.

**Financial support:** This study was supported by the Faculty of Medical Sciences of Minas Gerais.

## EXPERIENCE REPORT

# Friends of the heart: an experience report on empowering adolescents through basic life support workshops in schools

*AMIGOS DO CORAÇÃO: um relato de experiência sobre a capacitação de adolescentes em suporte básico de vida nas escolas*

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## ABSTRACT

**Introduction:** Cardiorespiratory Arrest (CRA) is a medical emergency with a high mortality rate, often due to the lack of population training in Basic Life Support (BLS). It is estimated that approximately 300,000 individuals experience CRA in Brazil every year. Of these cases, 14% occur in public areas or places with a high concentration of people, highlighting the importance of interventions that empower individuals to respond appropriately to this situation. **Objective:** To empower students aged 15 to 17 in the initial approach to CPR through workshops on Basic Life Support (BLS) in high schools. **Methods:** The stakeholders involved in the project participated in a BLS course conducted by qualified professionals, acquiring theoretical and practical knowledge. They then developed workshop materials based on the guidelines of the American Heart Association. The workshops were held in partner high schools, consisting of a theoretical portion followed by hands-on practice with CPR mannequins. Each workshop lasted 50 minutes and was conducted per class, covering approximately 50 students. The workshops were conducted in three schools, administered in July and September 2023 and March 2024. **Results:** The results demonstrated that students participating in the workshops acquired knowledge and developed skills to recognize and respond to CRA, including the administration of highly effective CPR. It is estimated that the workshops reached approximately 400 students in the 1st and 3rd year of High School in one school and about 1000 students in the other two partner schools. The long-term impact aims to reduce mortality from CRA without adequate intervention. **Conclusion:** The “Friends of the Heart” project was successful in its mission to empower adolescents in the initial approach to CRA. By providing knowledge and skills in BLS, the school community was empowered to effectively respond to medical emergencies, thus promoting public health and the well-being of the population.

**Keywords:** Cardiopulmonary Resuscitation; Heart Arrest; Mentoring

## EXPERIENCE REPORT OF A CURRICULAR EXTENSIONIST SUBJECT

# The use of group techniques to promote well-being in nursing technician students

*Ouso de técnicas de grupo para a promoção do bem-estar em estudantes técnicos de enfermagem*

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### ABSTRACT

**Introduction:** The training of professionals in a healthcare context considers its expanded perspective, whose dimensions mutually intertwine. Among them, the mental health dimension requires reflection and experience. Considering this matter, the present study presents the application of an educational action in mental health performed in the extension subject of Group Theories and Techniques. **Objective:** To present the impact of group educational actions focused on the mental health of nursing technicians students. **Method:** In November 2023, 5 meetings were conducted for discussion, planning, execution and evaluation of an action for a group of nursing technician students in Belo Horizonte. The meeting with 25 students of the Nursing Technician course in a public school in Belo Horizonte occurred using Group Dynamics, based on the use of thematic cards chosen by the students themselves. The cards contained questions on topics such as work, interpersonal relationships and behaviors; as well as cards containing feelings and needs for reflection on the students' subjective experience. **Results:** It was noted that the educational practice with this class generated a greater proximity and identification among the students, as well as self-awareness and a sense of purpose regarding their life projects. Furthermore, the method, supported by group theories, was fundamental for the establishment of a safe and reflective environment for the students to bring their concrete and subjective aspects, allowing for emotional support and greater empathy among them, as well as with the undergraduate psychology extensionists. **Conclusion:** The action reinforced the potential of group tasks and their implications for mental health, such as greater empathy, sense of purpose and bonding. This accomplishment, relying on mutual enthusiasm, was enriching not only for the students, through active listening and rich exchanges, but also for the extensionists, adding experience and encouraging their training as healthcare professionals.

**Keywords:** Active listening; Group intervention; Emotional support

## EXPERIENCE REPORT

# Knowledge of parents and caregivers about vaccines from the national immunization program: a journey in scientific initiation

*Conhecimento dos pais e responsáveis sobre as vacinas do programa nacional de imunização: uma jornada na iniciação científica*

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## ABSTRACT

**Introduction:** During childhood, children receive several vaccines as recommended by the National Immunization Program (PNI). It is essential to provide parents and caregivers with accurate information about the existing immunizations, including specific immunizations, their importance, benefits, and potential post-vaccination adverse events. In this context, conducting research that explores caregivers' knowledge about vaccines becomes a useful tool for intervention planning. Studies like these can be carried out by undergraduate students as part of scientific initiation programs, aiming to cultivate methodological thinking among students. **Objective:** To report on a field research conducted by nursing and medicine students, with the aim of identifying parents' and caregivers' knowledge about the PNI vaccines administered during childhood. **Methodology:** This is an experiential report resulting from a research conducted with participants of an extension project proposed by the Pediatrics, Childcare, and Adolescence League (LAPPA) of a private college in Belo Horizonte, Minas Gerais, in the year 2023. **Results:** The research was conducted following all ethical precepts and necessary steps, including problem formulation, planning, data collection, and result analysis. The journey in scientific initiation enabled the students to become familiar with the necessary processes for conducting and developing research, stimulating skills such as critical and scientific thinking, writing, and argumentation. However, there were challenges, with low participant response rates to the questionnaire, mainly due to the data collection taking place in a public location. **Conclusion:** This report demonstrates how research complements teaching and extension activities, aiming at academic and intellectual development, bridging the gap between undergraduate students and society, and stimulating essential skills for future professional life.

**Keywords:** Basic research; Vaccination; Parents.

## Atividades desenvolvidas pela Liga Acadêmica de Dermatologia Clínica e Cirúrgica da Faculdade de Ciências Médicas de Minas Gerais EM 2023: um relato de experiência

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### ABSTRACT

**Introdução:** No ano de 2023, a Liga Acadêmica de Dermatologia Clínica e Cirúrgica (LADECC) da Faculdade de Ciências Médicas de Minas Gerais realizou atividades por meio do tripé acadêmico de ensino, pesquisa e extensão, desenvolvendo iniciativas voltadas à Dermatologia. **Objetivo:** Apresentar as atividades desenvolvidas pela LADECC em 2023. **Método:** Análise das atividades desenvolvidas pela Liga em 2023. **Resultados:** O projeto de extensão da LADECC “Amigos da Pele–Fotoeducação” vem com objetivo de ampliar a importância da Fotoeducação para crianças e jovens, enfatizando a necessidade dos cuidados com a pele e algumas mudanças de hábitos de forma lúdica e informativa. Adicionado a isso, a Liga também oferece o projeto “Dermatologia para Leigos: Dermato-Responde”, em parceria com a Sociedade Brasileira de Dermatologia de Minas Gerais (SBD-MG), que se baseia na produção de lives educativas em forma de bate-papo, juntamente a um médico Dermatologista convidado. A ação tem o objetivo de difundir o conhecimento do público leigo acerca da Dermatologia a partir de uma linguagem acessiva. No que diz respeito ao ensino, as aulas da LADECC são realizadas 2 vezes ao mês às quartas-feiras das 18:00 às 19:00, abrangendo os diversos temas da área da Dermatologia, priorizando aqueles mais atuais e relevantes. Contamos com professores renomados e competentes, não só da Dermatologia, como de outras áreas médicas e da saúde (Psicologia e Fisioterapia), buscando agregar um conhecimento multidisciplinar. Ademais, a LADECC conta com 4 pesquisas publicadas e 2 em desenvolvimento, incluindo a participação dos acadêmicos inscritos na Liga e dos membros da diretoria. **Conclusão:** A LADECC tem executado diversos projetos sociais de impacto, cumprindo seu objetivo de educação em saúde na área da Dermatologia de forma multidisciplinar.

**Descritores:** Dermatologia; Fotoproteção; Fotoeducação.

## EXPERIENCE REPORT

# Childhood obesity: intervention and care for the child's future

*Obesidade infantil: intervenção e cuidado com o futuro da criança*

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## ABSTRACT

**Introduction:** Obesity is a multifactorial disease associated with the development of various comorbidities, including cardiovascular diseases. Prevention of obesity should primarily focus on early childhood since habits formed during this phase have a lasting impact. Primary care plays a crucial role in early detection and intervention of established pathology and the identification of risk factors for its development. **Objective:** To report experiences encountered by students during implementation of an academic extension project aimed at preventing childhood obesity. **Methods:** Over a period of 5 months, an intervention was conducted with children and adolescents aged 2 to 14 years who were in the waiting room of a pediatric outpatient clinic. The sample was selected based on the identification of overweight and obesity risk, determined by calculating the body mass index (BMI) using anthropometric data collected at the nursing station. The participants were then classified according to growth curves. Students implemented interventions for patients who met the selection criteria, aiming to modify dietary habits using the Traffic Light Diet (TLD) as a nutritional strategy. **Results:** Throughout the project, medical and nursing students addressed 165 children, educating them about the risks of obesity and promoting regular physical activity. Concepts regarding food groups and nutritional values were taught, alongside the introduction of TLD – which categorizes foods into groups: green, yellow, and red, indicating free, moderate, and rare consumption, respectively. Family involvement is crucial in this process, and guidance from healthcare professionals is necessary. It is also important to discourage the purchase of “red” foods. **Conclusion:** During the project period, students identified socioeconomic challenges, such as a lack of financial resources, which posed a barrier to adopting healthier habits. Nevertheless, it is concluded that the project involved a multidisciplinary and educational effort capable of promoting positive effects on the quality of life of the individuals involved.

**Keywords:** Diet Healthy; Pediatric Obesity; Primary Prevention.

## EXPERIENCE REPORT

# Extension activity “Sharing Nutrition” at a nonprofit organization in the Aglomerado Morro das Pedras: an experience report

*Atividade de extensão “Compartilhando Nutrologia” em uma organização sem fins lucrativos no Aglomerado Morro das Pedras: um relato de experiência*

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## ABSTRACT

**Introduction:** The dietary habits of Brazilian youth are characterized by high consumption of ultra-processed foods. Considering that inadequate nutrition in this age group poses a risk for the onset of chronic diseases in adulthood, promoting healthy habits from childhood is essential to ensure a better quality of life. **Purpose:** To report the experience of health science students participating in extension activities aimed at teaching healthy eating. **Methods:** Over the 12-month duration of the project, the student conducted 50 visits to a non-profit organization dedicated to the care of children and teenagers, aiming to provide a safe and supportive environment. Each visit involved interaction with 15 participating teenagers. Recreational activities were conducted to make them reflect on their dietary habits and promote the adoption of healthier behaviors. Important topics discussed included: micro and macronutrient concepts, the amount of sugar, sodium, and fat in everyday foods, and the relationship between diet and chronic diseases such as hypertension and diabetes. **Results:** The children showed engagement in the proposed activities, demonstrating genuine interest in learning about healthy eating and well-being, thereby highlighting the effectiveness of the active methods adopted. For the students involved, the experience represented a significant opportunity to enhance their knowledge of nutrition and health. Direct contact with the children allowed them to gain a deeper understanding of the needs and challenges in promoting healthy eating, contributing to their professional development in the future. **Conclusion:** The interaction between children and participants underscored the importance of knowledge exchange, and building an enriching learning environment. It is **predicted** that this experience will have a positive and lasting impact on the well-being of the children, providing them with the necessary tools to make healthier food choices in the future.

**Keywords:** Healthy Diet; Healthy Lifestyle; Adolescent Health.

## RELATO DE EXPERIÊNCIA

# Raising awareness of health professionals in the care of women victims of violence: experience report of an extension project

*Sensibilização dos profissionais de saúde no atendimento à mulher vítima de violência: relato de experiência de um projeto de extensão*

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## ABSTRACT

**Introduction:** Violence against women is an increasingly persistent public health problem, veiled in society by the silence of victims and underreporting. As a result, healthcare professionals play an important role in actively combating this reality. **Purpose:** To report the experience of Medicine and Nursing students at the Faculty of Medical Sciences of Minas Gerais in carrying out an extension project. **Methods:** The project was carried out between August 2023 and February 2024, with meetings that aligned theory and practice to approach the topic. The actions covered Basic Health Units and administrative centers in municipalities in the central region of Minas Gerais, with the target audience being professionals working in primary health care. The interventions were carried out in a face-to-face format, using multimedia equipment to display the material and rooms with chairs to accommodate the public and, at the end of all awareness raising, participants filled out a form to evaluate the impact generated by the presentation. The theoretical basis was based on official bases such as the Ministry of Health, Public Security Yearbook (2023), IPEA (2023) and Federal Constitution (1988). **Results:** There were 9 meetings and 259 people affected. Carrying out dynamics in face-to-face meetings contributed to the participation of professionals, who reported important experiences from their daily lives, including the difficulties they faced when identifying violence scenarios. This extension experience proved to be enriching for academics due to the development of personal and professional skills, but also challenging, as it required thorough preparation on the topic and presentations to heterogeneous audiences. **Conclusion:** The success of the project highlighted the importance of raising awareness among health professionals on the subject, who, based on this knowledge, will be able to contribute exponentially to mitigating the problem of violence against women. **Keywords:** Primary Health Care; Mentoring; Violence against women

## EXPERIENCE REPORT

# Physical exercise and climacteric symptoms

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## ABSTRACT

**Introduction:** Menopause is characterized by menstruation interruption for a minimum of 12 uninterrupted months. The climacteric period is marked by fluctuations in the estrogen and progesterone hormones, which are responsible for causing physical, psychological and emotional symptoms that interfere with women's daily lives. Physical exercise has been associated with improved quality of life and greater longevity, having an important positive impact on the health of postmenopausal women. **Objective:** To report the experience of the follow-up of climacteric and menopausal women in a supervised physical exercise protocol within the *Mulheres Ativas* extension project, evaluating the impact of regular physical activities on the quality of life and mental health. **Methods:** The project, developed from February 2023 to February 2024, had the participation of women over 45-65 years old. Over a period of 30 weeks, with classes three times a week, the participants underwent a progressive intensity physical exercise protocol. Plastic gallons filled with water and chairs were used in the meetings, which were held online via the Google Meet platform. The results obtained were evaluated through questionnaires and a subjective effort perception scale. **RESULTS:** Despite challenges such as varying schedules and adherence until the end of the project, there were significant improvements in the participants' quality of life, including improvement in cardiorespiratory capacity and reduction in climacteric symptoms, demonstrating the effectiveness of physical exercise. The connection between the participants was a strong point of the project, highlighting the importance of social bonds. **Conclusion:** It is concluded that the practice of physical activities is effective in reducing climacteric symptoms, acting as a non-pharmacological strategy to relieve these symptoms. Therefore, carrying out these activities should be encouraged to promote quality of life and well-being for women in this age group.

**Keywords:** women's health<sup>1</sup>; menopause<sup>2</sup>; exercise<sup>3</sup>

## EXPERIENCE REPORT

# Conversation with incarcerated adolescents: possibilities for mental health care

*Conversação com adolescentes em privação de liberdade: possibilidades para cuidados com a saúde mental*

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## ABSTRACT

**Introduction:** This report presents an experience from the psychology course, within the extension project of the Theory and Techniques of Groups discipline. It took place in a Socio-Educational Center in Belo Horizonte with adolescents undergoing internment, deprived of their liberty. The Conversation technique was employed to address Mental Health Care issues. The sessions facilitated active listening and empathy with the adolescents, promoting their understanding of Mental Health and potentially reducing the impacts of incarceration. **Objective(s):** To present the effects and technique of Conversation from the extension project “Theory and Techniques of Groups.” **Methods:** The Conversation took place in the second semester of 2023 at the Socio-Educational Center. Sessions were held biweekly, interspersed with preparation led by the responsible professor. Ten adolescents participated. The Conversation, as elucidated by Jacques Allain-Miller, employed free association and aimed to disidentify the group from what appeared paralyzing. **Results:** The Conversation facilitated the emergence of adolescents’ psychological distress, highlighting terms such as “disturbances,” “racing thoughts,” and “depression.” The intervention conducted by students through Conversation was fundamental for the adolescents to address subjective issues to the institution’s psychologists. **Conclusion:** It was observed that Conversation played a crucial role in understanding Mental Health, adolescents’ comprehension of psychological suffering, and mitigating the adverse effects of incarceration. Through Conversation, an interventive listening moment was created, fostering the adolescents’ potential for constructing knowledge about Mental Health. Furthermore, the importance of psychological actions in the socio-educational context for promoting mental health was recognized.

**Keywords:** Psychology; Adolescent, Institutionalized; Mental Health.

**Financial Support:** Faculdades de Ciências Médicas de Minas Gerais

## EXPERIENCE REPORT IN HEALTH EDUCATION

# First aid for high school students

### *Primeiros socorros em escolas de Ensino Médio*

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## ABSTRACT

**Introduction:** Cardiorespiratory arrest (CA) accounts for 80% of out-of-hospital deaths, and foreign body airway obstruction (FBAO) is one of the leading causes of infant mortality, resulting in the death of 2148 children aged 0 to 9 years during the years 2009-2019. Both stem from inadequate care due to the general population's lack of knowledge about managing these situations. Thus, high schools were selected to demonstrate techniques aimed at teaching teenagers how to manage CA and FBAO victims. **Objective:** To teach high school students from public and private schools in Belo Horizonte and the metropolitan area all the necessary steps for proper patient management according to the clinical presentation of each victim, following the ABCDE trauma steps, CPR, and Heimlich maneuvers. **Method:** The university team was trained by experts through theoretical-practical classes in basic life support (BLS), conducted extensive literature review, and developed educational materials. Subsequently, project members taught students from high schools to identify and perform appropriate actions in CA and FBAO through theoretical-practical training and provision of content on digital platforms. **Results:** By teaching theoretical-practical classes to the target audience, the project members solidified their knowledge of BLS and home management. Additionally, they developed their skills in health education through digital media. Special attention was given to the time allocated for discussion and questions, enabling exchanges between university students and high school students, often involving faculty members of such institutions. **Conclusion:** The project provided a learning opportunity for volunteers and students alike. It was also a challenge, considering the level of engagement of the target audience; however, by elucidating the relevance of the content and its objectives, greater interest was sparked. Within this scenario, the practice of visits was warmly received, with great enthusiasm from all participants, and resulted in positive feedback from the schools.

**Keywords:** First Aid; Heart Arrest; Pediatric; Heimlich Maneuver; School Health Services.

**Financial support:** Faculdade de Ciências Médicas de Minas Gerais.

## EXPERIENCE REPORT

# Cardiopulmonary resuscitation training in adolescents from the private education network of Belo Horizonte

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## ABSTRACT

**Introduction:** Cardiorespiratory arrest (CA) is amidst the leading causes of death not only in adults and the elderly, but also in children and adolescents in Brazil and worldwide. In this scenario, “Lei Lucas” 13722/2018 establishes that educators and staff in educational institutions receive training and Automated External Defibrillators (AEDs) to perform cardiopulmonary resuscitation (CPR) techniques effectively in the event of emergencies. However, the reality deviates from this proposal, with a lack of such training directed towards laypersons. **Objectives:** To train students from a school in Belo Horizonte to recognize CA and perform CPR using appropriate techniques and resources in each context. **Method:** The actions were developed in the second semester of 2023 with the target audience being high school students from schools in Belo Horizonte. Five CPR training stations were set up for laypersons containing mannequins and AEDs. Initially, students were introduced to the topic, followed by a theoretical explanation of the step-by-step process of recognizing and managing each suspected CA situation. Subsequently, students were divided into groups of four and directed to the stations, where they performed chest compressions and shocks under the guidance of a previously trained medical student. **Results:** xx sessions were conducted in different schools with the participation of 380 students aged 13 to 17. The students quickly assimilated how to identify CA and which actions to take, achieving good results when evaluated while training other monitors. **Conclusion:** During the action, it was noticed that CA incidents are common in the daily lives of these young people, explaining the adolescents’ interest in the subject, techniques, and procedures during training, demonstrating the importance and feasibility of promoting CPR education in educational institutions. In this context, the university, through extension programs, fulfills its social role. **Keywords:** Adolescent, Cardiopulmonary Resuscitation, Health Education.

## EXPERIENCE REPORT

# Health promotion for the homeless population in an institutional shelter in Belo Horizonte: an experience report

*Promoção da saúde para população em situação de rua de abrigo institucional de Belo Horizonte: um relato de experiência*

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## ABSTRACT

**Introduction:** The abusive use of drugs and alcohol, unemployment, and family problems are common causes for the population experiencing homelessness (PEH) to be in this condition, making them more vulnerable to health problems due to poor hygiene and nutrition, as well as addictions and emotional conflicts. **Objective:** To carry out health promotion actions for PEH in a shelter. **Methods:** Extension actions were carried out by students from an academic league in a men's shelter in Belo Horizonte. The following topics were addressed: Rights of PEH; Mental Health and Self-care; Diabetes and Hypertension; Prevention of Sexually Transmitted Infections (STIs). The students used true or false games and pamphlets with drawings and accessible language. The academics used: notebook and printer for the creation of artwork and assembly of "true" and "false" signs. The results of the actions were evaluated qualitatively through reports from the participants. **Results:** Sixty homeless individuals participated in four meetings, with discussion circles aimed at exchanging information and experiences among participants. PEH is inserted in a context of great social vulnerability, with difficult access to public policies, adherence to health treatments, potable water, and nutritious food. The students used knowledge acquired in college, emphasizing the need to know the rights of PEH, care in mental health, and prevention of chronic diseases and STIs. There was engagement and adherence of the participants, as they answered questions about the contents correctly and praised the conduct. The main barrier was adapting technical terms to an accessible vocabulary, using analogies and examples. **Conclusion:** It is concluded that the extension actions had a significant impact on the target population and academics, as well as contributing to health promotion.

**Keywords:** Ill-Housed Persons; Health Promotion; Humanization of Assistance.

## EXPERIENCE REPORT

# Educational harm reduction approach: drug use prevention strategy developed for adolescents in conflict with the law in custody in Belo Horizonte

*Abordagem educativa de redução de danos: estratégia de prevenção ao uso de drogas desenvolvida para adolescentes em conflito com a lei acautelados em Belo Horizonte*

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## ABSTRACT

**Introduction:** Official data demonstrate that in the last five years, there has been a significant increase in the number of teenagers apprehended for drug trafficking in Brazil, with the vast majority also being users. Therefore, it becomes essential for health education activities to be implemented in the institutions that detain them. **Purpose:** To utilize an educational harm reduction approach as a strategy for preventing drug use in Socio-Educational Units in Belo Horizonte. **Methods:** From August to November 2023, monthly workshops were conducted in two provisional detention units detaining youths aged 12 to 20 of both sexes. Groups of five to eight medical and physiotherapy students conducted group discussions, utilized videos, and slide presentations. The topics addressed were licit and illicit drugs and their health consequences. The harm reduction approach was employed, which included listening to experiences, motivating understanding, and decision-making capacity. To achieve this, the potential consequences of using different types of drugs were explored, utilizing “before and after” images of users. To assess the immediate impact of the approach, youths were invited to participate in “true or false” games using paper-made signs. **Results:** Four interventions were conducted, involving approximately 100 adolescents of both sexes. There were challenges in monitoring and evaluating long-term outcomes due to the turnover of detainees in the institutions. There was noticeable interest and participation in response to the approach, which considered and valued the independence, culture, and practices of the individuals. Additionally, the approach facilitated extensive discussion on widely consumed licit substances such as alcohol and cigarettes. **Conclusion:** Harm reduction facilitated dialogue between students and detainees. This strategy, considering the significance of drug consumption in this group, valued reflective participation considered potential for promoting self-care.

**Keywords:** Harm Reduction; Institutionalized Adolescent Health; Health education.

**Financial support:** Faculdade de Ciências Médicas de Minas Gerais

## EXPERIENCE REPORT

# Health education: preventive actions on Sexually Transmitted Infections for adolescents under socio-educational measures

*Educação em Saúde: ações preventivas sobre Infecções Sexualmente Transmissíveis para adolescentes em cumprimento de medidas socioeducativas*

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## ABSTRACT

**Introduction:** According to the National Council of Justice, over 23 thousand adolescents are detained in the Brazilian socio-educational system. These youths face various challenges related to self-care, including the prevention of Sexually Transmitted Infections (STIs). From this perspective, health education activities should be provided in the institutions that detain them. **Objective:** To conduct preventive actions on STI for adolescents under socio-educational measures. **Methods:** The actions were carried out in September 2023, in two socio-educational institutions detaining young people of both sexes, aged 12 to 20 years old. Groups of medical and physiotherapy students conducted discussion circles and slide presentations. The most common types of STIs, symptoms, transmission, prevention, and treatment were addressed. An approach of listening to the experiences of the youths was used to assess prior knowledge, where each adolescent received a card with “myth or truth” written on it to respond to projected affirmations, and to evaluate the immediate impact of the action, questions were asked at the end of the dynamics. **Results:** Two actions were carried out, reaching 31 adolescents (14 female and 17 male). There was great interest and participation from the youths during the activities. The “myths and truths” dynamic revealed a significant lack of knowledge about STIs, possibly due to the vulnerable social context in which they are placed. There was difficulty in evaluating the actions in the long term due to the turnover of detainees by the institutions. **Conclusion:** The experience facilitated the strengthening of the bond between the college and society, enabling the construction of learning spaces and the sharing of knowledge between students and detained youths. Educational interventions on stigmatized topics, such as STIs, when based on listening to prior knowledge, have the potential for active participation and a transformative role in the health of detained adolescents.

**Keywords:** Sexually Transmitted Diseases; Health Education; Health of Institutionalized Adolescents.

**Financial support:** Faculdade de Ciências Médicas de Minas Gerais.

## EXPERIENCE REPORT

# Trauma care simulation from the perspective of acting rescuers: an experience report

*Simulação de atendimento no trauma sob a perspectiva dos socorristas atuantes: um relato de experiência*

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## ABSTRACT

**Introduction:** In 2019, about 140,000 people died from external causes in Brazil, representing 10.9% of the total deaths in the country. Among such events, automobile traumas stand out. Pre-hospital care directly influences the survival of victims, especially in multiple trauma scenarios. **Purpose:** To simulate a scenario of trauma due to a car accident, followed by urgent medical care for the victims. **Methodology:** The simulation was conducted in 2023, during the first week of “Maio Amarelo”, an awareness campaign against traffic accidents, in collaboration with the Department of Roads of Minas Gerais (DER-MG) and the Fire Department of Minas Gerais. The target audience was adolescents and young adults—the age group most involved in traffic accidents—which favors the spread of the information addressed and reinforces prevention actions. Two teams of rescuers were designated, one composed of medical students and the other of firefighters, aiming to highlight the differences between the services and approaches. The entire protocol for initial trauma victim care was extensively demonstrated, including the immobilization and removal process from the accident scene by the teams. **Results:** The simulation was conducted based on the guidelines of Prehospital Trauma Life Support (PHTLS), and the ABCDE trauma protocol was advocated. The event emphasized the need to be prepared to be a professional capable of effectively responding to emergencies and contributing in critical and high-responsibility situations. Another relevant aspect of the simulation was the performance of the initially theoretical procedure in practice, which was crucial for content retention. Additionally, creating a situation of stress and nervousness in a controlled environment provides safe skills training and contributes to facing real situations in the professional future. **Conclusion:** The ABCDE protocol increases the chance of patient survival, and its implementation is a fundamental attribute for those providing emergency care.

**Keywords:** Multiple Trauma; Emergencies; Prehospital Emergency Care.

## EXPERIENCE REPORT

# Simulated training on diabetes care: an experience report

*Treinamento de simulação na assistência do diabetes: um relato de experiência*

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## ABSTRACT

**Introduction:** Diabetic foot, one of the main diabetes mellitus' complications, poses a significant challenge in patient's management, notably as the leading cause of non-traumatic lower limb amputations in Brazil. The "PEGADA: *Novos Caminhos para o Diabetes*" initiative aims to enhance care quality and foster self-care practices to individuals with diabetes through educational and healthcare interventions. This project involved medical students' training as a discussion-based learning method, utilizing discussion maps and simulated patient scenarios. **Objective:** To promote quality medical education through simulated training. **Methods:** Thirteen medical students underwent training through four weekly 4-hour sessions in March 2023: I) 03/06/2023: simulated outpatient care focusing on diabetes management, including history-taking, physical examination, and health education; II) 03/13/2023: diagnosis of peripheral polyneuropathy; III) 03/20/2023: self-care practices in diabetes, glycemic monitoring, carbohydrate counting, and glycemic mapping; IV) 03/27/2023: development of a self-care checklist. **Results:** The four-week simulated training enabled the thirteen students to integrate theoretical knowledge with practical skills, enhancing their confidence and autonomy in clinical encounters. Proficiency was gained in conducting clinical assessments for diabetic foot, including inspection, evaluation of peripheral pulses, and tactile, painful, vibrational and thermal sensitivity testing; crucial for diagnosing and managing diabetes-related neuropathy. The team exhibited progress in simulated clinical scenarios, demonstrating competence and confidence. **Conclusion:** The structured training approach, coupled with effective pedagogy and resource availability, facilitates rapid acquisition of skills, enabling the development of a proficient team capable of managing highly theoretical and practical load within a limited timeframe.

**Keywords:** Diabetes mellitus; Simulation training; Diabetic foot.

**Financial support:** This study was supported by Faculdade de Ciências Médicas de Minas Gerais.

## SUMMARY OF EXPERIENCE REPORT OF CURRICULAR OR EXTRACURRICULAR EXTENSION ACTIVITIES:

# The role of psychology in the process of identity construction: extension action with students from a private school in Contagem.

*O papel da psicologia no processo de construção da identidade: ação extensionista com estudantes de uma escola privada de Contagem.*

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## ABSTRACT

**Introduction:** Adolescence is a phase filled with doubts about identity, belonging, and purpose. In this context, psychology emerges with the role of assisting the adolescent in this journey to rectify or confirm their identity. The psychologist can engage in the field of education, conducting activities, workshops, and group discussions to welcome and address the diverse demands of adolescents in school. Considering the importance of providing this space to students, an extension action was carried out in the second semester of 2023 with adolescents from a private school in Contagem, aged between 12 and 15 years old.

**Objective:** The main objective of the extension action was to promote reflection on their fundamental characteristics to aid in the process of identity construction. **Method:** A conversation circle was held with the students, in which initially, each of those present introduced themselves and then, a dynamic activity was carried out with the purpose of reflecting on individual characteristics and how they could positively contribute to society. Each participant was invited to create a “remedy”, symbolizing how they could contribute to improving the world, aiming to stimulate self-awareness, empathy, and an understanding of the value of diversity. **Results:** The activity provided a stimulating environment for adolescents to explore their characteristics and reflect on their identity, communication, and self-awareness. **Conclusion:** It is possible to observe the relevance of participating in extension actions for the education of psychology students, as contact with the community assists in understanding existing demands and humanizing professional conduct. Lastly, for adolescents, the existence of listening spaces enables them to exchange experiences with peers, increasing bonds and understanding the value of diversity.

**Keywords:** Adolescence; Identity; Educational Psychology

## EXPERIENCE REPORT

# The strengthening of the group bond between dialysis patients in a hospital setting

*O fortalecimento do vínculo grupal entre pacientes em diálise no ambiente hospitalar*

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## ABSTRACT

**Introduction:** In groups, people recognize themselves as part of a society, inserted in a web of relationships and social roles, through which they build their lives. Regarding that, the group relation of dialysis patients can create a supportive and welcoming space to all. **Purpose:** Describe a curricular extensionist experience with groups of patients in dialysis promoting their interaction as subjects in order to better understand the way that the groups operate and their impacts in patients' lives. **Methods:** The activities were carried out between August and November 2023 by Psychology students with dialysis patients at a University Hospital in the city of Belo Horizonte, Minas Gerais. There were four meetings to discuss, plan, execute and evaluate the project. The project began with the development of the game "Dialysis Icebreaker", its rules and manual, followed by a session for the patients to play the game. They were also given anti-stress hearts and a mural of motivational phrases created by the patients themselves. Both actions took place over two days with two groups of patients. **Results:** The experience showed that the patients benefited from the activity by being engaged in the process, actively participating in the game and exchanging messages. It was observed that the participants connected with each other and expressed their feelings. The patients showed great satisfaction in being able to contribute to their colleagues' experience through their motivational phrases that expressed their life wisdom. This reinforced the positive aspects of treatment and the importance of the bond with colleagues in overcoming challenges. **Conclusion:** The actions and products delivered reinforced the importance of the group bond and increased subjective motivation for treatment. The practice also enabled students to expand the skills needed for professional practice, such as developing strategies for forming and strengthening group bonds.

**Keywords:** Humanization of Care; Dialysis; Group Structure

## EXPERIENCE REPORT

# Geriatrics internship at a private hospital in Belo Horizonte: experience report

*Estágio de geriatria em um hospital privado de Belo Horizonte*

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## ABSTRACT

**Introduction:** The League of Geriatrics and Gerontology (LAGG) of a college in Belo Horizonte offers its members, starting from the 5th period, the opportunity to undertake an internship in geriatrics at a private hospital, with the aim of conducting Comprehensive Geriatric Assessment (CGA) on hospitalized patients. This non-compulsory internship is essential for the professional development of students, as it allows for direct patient contact, practical application of studied knowledge, and mentorship from experienced professionals. **Purpose:** To report the experience of medical students during the geriatrics internship at a private hospital. **Methods:** This study is an experiential report on the non-compulsory internship in geriatrics offered by LAGG. **Results:** Interns were required to conduct a CGA on their respective patients, filling out a form with patient identification, reason for hospitalization, cognition (Mini Mental), presence of delirium, mood (GDS), functionality (Katz), mobility, falls in the last year, dysphagia, nutritional status, continence, frailty (Frail), vaccination, and social support. Subsequently, students had to input this data into the patient's medical records through the hospital's system. CGA is a systematic assessment method to address the demands and complexities of the elderly in a multidimensional way, considered the gold standard for managing frailty in this population. The main dimensions of CGA refer to functional status, mental health, and social functioning, and it is recommended for elderly individuals at risk or with some degree of frailty. **Conclusion:** At the end of the internship, it was possible to understand the relevance and usefulness of CGA in elderly care, especially for the pre-frail; to comprehend how and when to apply the assessment; and to recognize the interventions that should be planned based on the information obtained during CGA. Therefore, the importance of student participation in internships as a means of academic skill development is evident.

**Descritores:** Geriatrics; Frail Elderly; Medical History Taking

## ORIGINAL STUDIES RESULTING FROM EXTENSION ACTIVITIES OR HEALTH EDUCATION INITIATIVES

# University outpatient clinic in Belo Horizonte: patient perception and satisfaction regarding minor surgical procedures

*Ambulatório universitário em Belo Horizonte: concepção e satisfação dos pacientes submetidos a cirurgias de pequeno porte*

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### ABSTRACT

**Introduction:** Outpatient surgery encompasses a range of minor to intermediate surgical procedures conducted under local and/or regional anesthesia. The university outpatient clinic affords members of the Academic League of Surgery (LACCIME) the opportunity to assist surgeon professors during outpatient surgical procedures. **Purpose:** The objective of this study is to ascertain the satisfaction levels among users of the ambulatory surgery service during the implementation of the “Ambulatory Surgery Task Forces” project by LACCIME participants, spanning from November 2023 to April 2024. **Methods:** This study adopts an observational, quantitative, descriptive, and cross-sectional approach, employing an online survey administered via “Google Forms,” devised by LACCIME and completed by all patients undergoing outpatient surgical procedures. **Results:** Of the 60 patients included in the study, 72.2% were female. 96.1% expressed satisfaction with the waiting time for care, 98.1% felt engaged in the therapeutic decision-making process, and 100% felt adequately informed about their surgery. Regarding the facilities of the university outpatient clinic, 83.3% of the patients rated the structure, cleanliness, and aesthetics of the admission area as excellent. **Conclusion:** The survey revealed notable satisfaction among users with the treatment provided within the institution, indicative of a more empathetic approach embraced by professionals towards their patients. This underscores the significance of such studies for institutional governance and self-assessment, alongside their pertinence in fostering enhanced service delivery within the Brazil’s Unified Health System (SUS).

**Keywords:** Ambulatory surgical procedures; Patient satisfaction; Academic success.

## RELATO DE EXPERIÊNCIA DE ATIVIDADE DE EXTENSÃO

# Health education regarding screening exams in adults and the elderly

*Educação em saúde quanto a exames de rastreio em adultos e idosos*

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### ABSTRACT

**Introduction:** Extension activities constitute a complementary pedagogical tool in higher education institutions, with proven relevance for professional training. The actions aim to build knowledge by collecting information and developing knowledge capable of impacting the group studied. The reported experience considers the importance of health education for motivating the target population to use screening methods recommended for their age group. **Purpose:** To describe the health education experience of the members of the Academic League of Imaging at the Faculty of Medical Sciences of Minas Gerais together with the students of the Youth and Adult Education program at a municipal school in Belo Horizonte. **Methods:** Nine hour-long conversation circles were held with the students, between August and November 2023, on the topics: heart failure, osteoporosis, radiological protection, breast, lung, colon and rectal neoplasms. The activities consisted of two moments: i) Presentation on the health condition studied, risk factors and available screening tests; ii) Discussion regarding shared learning, with distribution of informative booklets. **Results:** As it concerns a wide age range, the biggest challenge was to promote health education in accessible and motivating language for the different age profiles of the target population. From the first conversation circle, there was majority participation, with active participation of students, who shared their questions regarding the themes developed. At the end of the experience, the students and the school management requested the maintenance of the partnership with the academic league for the next academic semester. **Conclusion:** The extension activities exceeded the expected results, demonstrating that it is possible to establish a link between education and health promotion, through the use of interactive tools and active listening to the target population.

**Keywords:** Conversation circles; Screening exams; Health education.

## EXPERIENCE REPORT

# ‘Minha imagem’ project: an experience report

*Projeto “Minha imagem”: um relato de experiência*

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## ABSTRACT

**Introduction:** The influence of media and the consumer market, associated with the pursuit of social acceptance, raises concerns about body image and beauty standards, especially among the teenage population. In light of this, “My Image” was an extension project developed by the Plastic Surgery League of FCMMG that involved this target audience in Belo Horizonte. This project aimed to raise awareness among them about body image disorders and issues related to this theme. Through integrative classes with questions and interactive games, adolescents were encouraged to actively reflect on the topic. **Purpose:** To promote education on topics related to plastic surgery and self-image, adapted to the realities and challenges faced by young students. **Methods:** The project was developed from May 2023 to May 2024, with teenagers as the target audience. The 3 participating institutions included: a private school, a public school, and a social association, encompassing different realities and peculiarities. The classes related plastic surgery concepts to the typical self-image challenges faced by young people. Additionally, question and answer games were promoted in subsequent meetings to assess the acquired knowledge. The materials used included PowerPoint presentations, audiovisual resources, and questionnaires. **Results:** 25 meetings were held, covering approximately 700 students in total. The positive feedback from students and teachers throughout the project and via social media demonstrated the effectiveness of the adopted pedagogical strategies. The impact of the activities on students’ knowledge was noted through questionnaires administered at the end of each presentation, containing concepts involving self-esteem and image disorders. **Conclusion:** The “My Image” project provided students with a greater understanding of the issue, enabling them to identify the problem and seek help from a qualified professional when necessary. **Keywords:** Self Concept; Surgery, Plastic; Anorexia; Bulimia.

## EXPERIENCE REPORT

# Geloteca: transforming habits through reading

*Geloteca: transformando hábitos através da leitura*

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## ABSTRACT

**Introduction:** Reading plays a crucial role in personal, cognitive, and cultural development, being essential for intellectual and emotional enrichment. The Geloteca project aims to promote reading among teenagers and young people in situations of vulnerability and social risks. The initiative involves transforming old refrigerators into small mobile libraries, making them accessible and attractive. Our branch of the project operated in a public school in Belo Horizonte, Brazil. **Objective:** Health Sciences Students in an Extension Project Creating an Attractive and Accessible Mobile Library from Recycled Refrigerator in a School Serving Residents of a Vulnerable Community in Belo Horizonte. **Methods:** The project involved transforming an old refrigerator into a mobile library, which was strategically placed within the community, specifically at a school. During the implementation, the refrigerator was stocked with 300 diverse books that catered to the interests and age range of the target audience. Pedagogical and social interaction activities were also developed in the second semester of 2023 to promote reading and reduce interpersonal distance among the beneficiaries. **Results:** The Geloteca project has yielded positive results in promoting reading among vulnerable adolescents and young people in rural areas. Throughout the project implementation, a noticeable increase in students' interest in reading was observed, manifested in the rise of book loans from the Geloteca and the success of the book distribution and rotation dynamics. **Conclusion:** The project has proven to be an effective and promising initiative to foster the habit of reading among vulnerable teenagers and young people. The obtained results demonstrate the positive impact of this action on the school community. Therefore, transforming old refrigerators into mobile libraries not only democratized access to books but also contributed to the promotion of culture and social interaction. **Keywords:** Adolescents; Vulnerability; Libraries; Reading. **Financial support:** if there is, the name of the sponsoring agency or institution must be specified. All abstracts supported by the Faculdade de Ciências Médicas de Minas Gerais must indicate the support.

## EXPERIENCE REPORT

# Strengthening self-care among institutionalized elderly people through playful activities and storytelling: an experience report

*Fortalecimento do autocuidado entre idosos institucionalizados por meio de atividades lúdicas e contação de histórias: um relato de experiência*

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## ABSTRACT

**Introduction:** It is essential for nurses to encourage self-care, with a view to an active life in all spheres, whether social, emotional or physical. In this way, the elderly can feel more useful and consequently have better self-esteem, which contributes to their biopsychosocial well-being. **Objective:** To describe the experience of promoting better self-care among the elderly through playful activities and storytelling by nursing students in a long-term care facility. **Methodology:** Qualitative experience report, developed in a long-stay institution for the elderly between September and December 2023, with the aim of helping and stimulating the creation of new social contacts that make it possible to guarantee respect, recognition and appreciation, as well as feeling part of a network of relationships, factors that overcome the physical and social losses that commonly occur during the ageing process. **Results:** The themes covered were storytelling and playful activities totaling eight meetings with the elderly women living in the ILPI where within each theme we worked on empowerment of speech, expressing the facilities and difficulties about the demands that revolve around the experience of the elderly in their perspective of life permeating personal feelings and values, acquired and experienced by the elderly, throughout their life trajectories. **Conclusion:** The use of storytelling and playful activities aims to strengthen self-care among the elderly, acting as a channel for communication; therefore, a tool for citizenship. In addition, the practice of academic extension has given students the skills to develop health education, communication, teamwork and research. **Keywords:** Elderly; Playful actions; Storytelling; Elderly health; self-care

## EXPERIENCE REPORT

# Between tales and colors: academic extension in the pediatric ward

*Entre contos e cores: Extensão acadêmica na ala pediátrica*

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## ABSTRACT

**Introduction:** Using playful activities in the context of children's hospitalization is a resource that promotes the relief of psychological suffering in the face of unfavorable circumstances, the development of resilience and emotional skills. The playful experience provides the expression of feelings, distraction and entertainment, making hospitalization less painful and traumatic, with repercussions on the family-team-patient relationship in an integrated and compassionate approach to pediatric practice. **Objective:** To report on the learning experience of extension work with children and their families in Pediatrics, through the creation of a coloring book. The aim was to promote expression and emotional psychological support for children and their families during hospitalization. **Method:** Between October and November 2023, four meetings were held to draw up the project, one to visit the field, two for practice and one for evaluation. A coloring book was created with a story about the emotional aspects of hospitalization. During the first practical meeting, an interactive children's book was read. At the second meeting, a coloring kit designed by the students, based on the experiences of hospitalized children, was delivered. These stages involved direct interaction and observation of feedback. **Results:** The children and their caregivers interest and active participation. In the second, interaction varied due to the predominance of babies. The team interacted positively, incorporating games and accessories with the infants. The activity revealed that the playful approach and the distribution of the coloring kit had a positive impact on staff, families and patients. **Conclusion:** Initially, the reading created a participatory atmosphere; then the delivery focused on the caregivers, maintaining a warm interaction with the children. This experience highlights the importance of multifaceted approaches in pediatric intervention, benefiting not only the children but also their caregivers, thus creating a welcoming and supportive environment during hospitalization.

**Keywords:** Pediatrics; Hospitalization; Child Psychology

**Financial Support:** Faculdade de Ciências Médicas de Minas Gerais.

## EXPERIENCE REPORT

# Take care to care: the social and academic importance of an extension project

*Cuide-se para cuidar: a importância social e acadêmica de um projeto de extensão*

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## ABSTRACT

**Introduction:** It's estimated that physical/intellectual disabilities affects 24% of the Brazilian population. The birth of a child involves expectations of a healthy and socially acceptance. With the arrival of a child with a disability, the challenges for those responsible are bigger than expected. Thus, the family has an important role in the development and care of this child, giving up their own well-being for the benefit of their child. **Objective:** Report the experience of medical and nursing students in an extension project focused on self-care for caregivers of special needs children. **Methods:** From September to November 2023, fortnightly meetings were held with mothers and caregivers of special needs children, and social interaction activities were held in the waiting room of a philanthropic institution in Belo Horizonte, aiming to value the experiences of caregivers and encourage self-care of them. Topics related to mental health, sleep hygiene, support networks, nutrition and routine organization were approached. **Results:** Over the 5 meetings, approximately 7 caregivers were present at each meeting. Initially, shyness was noticed, but, through continuous interventions, it was possible to create a bond between the participants and the academics responsible for the actions. The meetings enabled interaction between them, in addition to providing the opportunity to create a space for speaking and listening, promoting the exchange of experiences. They always gave feedback on the proposed and desired changes to quality time and self-care. **Conclusion:** The relevance of educational actions aimed at promoting self-care for caregivers of children with disabilities stands out, in addition to providing academics the opportunity to learn about a reality invisible to society. Through the actions, it was possible to improve qualified listening skills, an individualized perspective, empathy and the ability to welcome, which are important for the students' personal and professional lives.

**Keywords:** Children with disabilities, Self-care, Educational actions.

## RESUMO DE REVISÃO INTEGRATIVA

# Hypertrophic cardiomyopathy: the impacts of underdiagnosis on prognosis in adolescents and young adults

*Miocardiópatia hipertrófica: os impactos do sub diagnóstico no prognóstico em indivíduos adolescentes e adultos jovens*

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## ABSTRACT

**Introduction:** Hypertrophic Cardiomyopathy (HCM) is the most common genetic cardiovascular disease in the world population, with MYBPC3 and MYH7 as the main genes involved. However, as a limiting factor, it is identified that the disease is underdiagnosed, being identified in situations of decompensation or compromising the quality of life of the individual at an advanced age. **Objective:** Review the literature on the impact of underdiagnosis on the prognosis of adolescents and young adults **Methods:** Review of articles in the PubMed, Medline, UpToDate, Scielo and Cochrane databases, published between 2019 and 2024, which had as a guiding question: most common systemic complication in patients with hypertrophic cardiomyopathy and the approach to be taken to better monitor the individual. **Preliminary results:** To date, the articles evaluated have shown that underdiagnosis impacts three relevant outcomes: Sudden cardiac death, aborted sudden cardiac death and appropriate shock therapy using an implantable cardioverter-defibrillator. Among these outcomes, ways to establish effective monitoring of possible arrhythmias were also analyzed, with the patterns of AF (Atrial Fibrillation) and NSVT (Non-Sustained Ventricular Tachycardia) being the most frequent. **Conclusion:** Carrying out early diagnosis and monitoring of patients with HCM, with effective tracking of mutations that lead to the development of the disease, appears to have a direct impact on the reduction of fatal events, such as sudden cardiac death, and is effective in predicting and preventing these events relevant. However, this study is still ongoing and more articles will be included in the analysis.

**Keywords:** Cardiomyopathy, Hypertrophic, Familial

## EXPERIENCE REPORT

# Extension project: a look at the population living on the streets

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## ABSTRACT

**Introduction:** The increase in the homeless population in Belo Horizonte, identified in 2021 by the “Polos de Cidadania” program at UFMG, prompted a municipal research effort in 2022. The results highlighted that 41.2% of this population face health problems, with 9% lacking adequate medical assistance. Further information is crucial for improving and individualizing care for this population. **Purpose:** To conduct a situational diagnosis of the care network for the homeless population in the central of Belo Horizonte. **Methods:** The study was conducted between August 2023 and February 2024 and comprised three phases. In the first phase, academic meetings were held to conduct literature searches and understand the context of the homeless population. The second phase involved technical visits to institutions serving the homeless, where employees were interviewed to understand health within the homeless lifestyle. The final phase focused on producing academic and scientific content to disseminate the knowledge acquired throughout the project. **Results:** During the first phase, seven meetings occurred between students and supervising faculty. Subsequently, interviews were conducted with 31 professionals working in public services, including soup kitchens, reference centers for the homeless, institutional shelters, basic health units, and street clinics. In the course of these visits, information was collected about local services offered, the coordination and flow of users within government establishments, the relationship with the target population, their main complaints, the existing obstacles in service provision, and the level of adherence to follow-up, potential treatments, and proposed activities. **Conclusion:** After bibliographic analysis and fieldwork, the importance of a multidisciplinary approach to healthcare stood out. This approach could significantly impact future health policies and medical practices for the homeless population.

**Keywords:** III-Housed Persons; Community-Institutional Relations; Comprehensive Health Care.

## EXPERIENCE REPORT ABSTRACT

# Implementation of the project “educar para incluir” on autism spectrum disorder and attention deficit hyperactivity disorder: an experience report

*Execução do projeto “Educar para Incluir” sobre transtorno do espectro autista e transtorno do déficit de atenção e hiperatividade: relato de experiência*

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## ABSTRACT

**Introduction:** Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD) are the most prevalent neurodevelopmental disorders worldwide, affecting millions of children and adolescents. The early detection of these disorders is directly related to better prognosis and life quality. Therefore, knowledge of key signs by teachers positively impacts the recognition and management of these disorders.

**Objectives:** Empower educators, making them capable of recognizing key signs of ASD and ADHD and of improving the assistance of diagnosed children in the classroom.

**Methods:** This is an extension program conducted by medical students from August 2023 to February 2024. The project started with a literature review on PubMed and Scielo databases, followed by the development of lectures and pamphlets with a multidisciplinary approach for public school teachers of children and adolescents aged 0 to 17. At the end of each lecture, there was a moment for group discussion that allowed the group to analyze the effectiveness of the approach.

**Results:** The project engaged 136 people from the school staff, mostly teachers, from 4 public schools. At total, there were 8 lectures in-person and a final online meeting to solve final doubts. The project allowed extensionists to explore a more comprehensive view of specific needs of children with ASD and ADHD in school and even at home. The main limitation to carrying out the project was the involvement of a restricted number of participating schools; however, it continues to represent an unprecedented initiative that has demonstrated several benefits on preparing teachers to identify key signs.

**Conclusion:** This extension program stimulated medical students to learn more about ASD and ADHD and helped to build up essential abilities for their healthcare practice. Furthermore, the program raised awareness in teachers about those conditions. The positive feedback underscores its importance, highlighting the ongoing need for educational initiatives.

**Keywords:** Autism Spectrum Disorder; Attention Deficit Disorder with Hyperactivity; Health education.

## EXPERIENCE REPORT

# Experience report on an informative extension project carried out by the links of the academic health entrepreneurship league: *laes.com*

*Relato de experiência sobre um projeto informativo de extensão executado pelos ligantes da liga acadêmica de empreendedorismo em saúde: laes.com*

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## ABSTRACT

**Introduction:** The “LAES.COM” project is an initiative of the Academic League for Health Entrepreneurship (LAES) that aims to disseminate knowledge about entrepreneurship on social networks. This report highlights the importance of this project for the academic and professional trajectory of health professionals, as well as for society in general. **Objectives:** Teach entrepreneurship with the aim of empowering both society and students. By addressing crucial topics such as design thinking, accounting metrics, agile methodologies, agile mindset, value proposition and Business Canvas, the goal is to promote participants’ learning and improvement in these fundamental areas. **Methods:** Data were collected through direct monitoring of project activities, which lasted 20 weeks, starting on May 22; and reflection on the impacts perceived by participants. The qualitative approach allowed a more in-depth understanding of the effects of the project on their academic and professional trajectories. **Results:** “LAES.COM” positively impacted the academic training of 28 future health professionals by providing them with essential entrepreneurial knowledge. Furthermore, the posts were made on the league’s Instagram, twice a week throughout the project period, and reached 1,052 followers. This initiative gave the lay audience the opportunity to learn and train themselves, acquiring valuable skills for their personal and professional lives. **Conclusion:** The “LAES.COM” project of the Academic League for Health Entrepreneurship is a highly relevant initiative, which significantly contributes to the training of health professionals and the population’s knowledge about entrepreneurship. By promoting learning and the dissemination of essential knowledge, the project has the potential to positively impact society as a whole.

**Keywords:** Entrepreneurship ; Information Dissemination ; Online Social Networking.

## EXPERIENCE REPORT

# Neuroarte: art heals - an experience report

*Neuroarte: a arte cura - um relato de experiência*

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## ABSTRACT

**Introduction:** The NeuroArte extension project was created due to the impact of neurological dysfunction on patients who have suffered a stroke, Parkinson's disease (PD), etc. It is known that these patients can have motor and cognitive deficits that limit their mobility, functionality, quality of life and socialization. By offering artistic and multidisciplinary workshops, it was possible to work on these deficits and social interaction, as well as help reduce stress, pain, anxiety and socialization, and therefore had great engagement during the workshops and positive results. **Objectives:** The project aimed to improve the quality of life and physical capacity of people with neurological disorders through therapeutic and educational activities, in order to promote social reintegration and create new opportunities for leisure and work. **Methods:** This is an account of the experience of ten students from the medical, psychology and physiotherapy courses in an outreach project with patients with neurological conditions, such as Parkinson's disease and post-stroke. The extension took place through arts activities offered through dishcloth painting workshops, short story readings, and poetry readings in the second semester of 2023. **Results:** The project consisted of eight workshops using different forms of language and expression. The number of participants in each workshop varied due to the change of venues and days. Effective participation was observed, with positive feedback on the experiences, which provided the development of motor coordination, creativity, as well as promoting social reintegration and leisure. **Conclusions:** It can be concluded that NeuroArte played a fundamental role in the personal and professional training of the participating students, since it allowed direct contact between students and participants through practical experiences and multidisciplinary interactions. Finally, it promoted the social reintegration, functionality, physical fitness, quality of life and leisure of its participants.

**Keywords:** Neuroscience, Quality of life, Art therapy, Nervous system diseases

## EXPERIENCE REPORT

# Oncoeducação project – cancer awareness in public schools: an experience report

*Projeto OncoEducação – conscientização sobre câncer em escolas públicas: um relato de experiência*

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## ABSTRACT

**Introduction:** According to the World Health Organization (WHO), by the year 2030, we will have 27 million cases of cancer, with 17 million deaths, strongly impacting developing countries. In Brazil, it is expected that, in 2029, cancer will be the main cause of death, surpassing cardiovascular diseases. **Objectives:** Evaluate and disseminate knowledge about oncology to 8th grade students at public schools in Belo Horizonte, sharing theoretical knowledge and practical experiences. **Methods:** The project took place from August to December 2023. Firstly, research was carried out in the literature on oncology, slides were prepared on various topics covering this topic and structured questionnaires were applied to test the students' oncological knowledge, with the first application being carried out before the extensionists' oral presentation and the second after the discussion. **Results:** Four meetings were held in four different districts of the city, reaching approximately 300 students. Upon analyzing the outcomes, it became evident that the approach tailored to the target audience proved efficacious, rendering complex concepts accessible and pertinent to the students. Moreover, throughout the course of the interventions, it was observed that the students exhibited a high level of participation and evinced considerable interest in resolving their doubts. Ultimately, it was discernible that the students were equipped with an understanding of the significance of prevention, early diagnosis, and adopting healthy habits to mitigate the risks associated with cancer. **Conclusion:** The project covered everything from defining what cancer is to the importance of a support network. The community will also benefit from receiving this information from the participants themselves. In this way, Oncoeducation allowed greater elucidation on the topic and is expected to have an impact on increasing cancer prevention, at least at the locoregional level. Academics also benefited from improvements in communication skills, teamwork and awareness of participants' level of knowledge. **Descriptors:** Medical Oncology; Health Education; Schools; Health Promotion.

## EXPERIENCE REPORT

# Extension in sports health: multidisciplinary staff in prevention and performance of amateur soccer athletes team

*Extensão na saúde esportiva: equipe multidisciplinar na prevenção e performance dos atletas de futebol*

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## ABSTRACT

**Introduction:** The challenging process of training new athletes involves variables in personal development that are still poorly explored. In this context, the intersection between sports and health is fascinating, as athletes dedicate themselves to improving their sports skills while also developing an understanding of their biopsychosocial health. The project identified a lack of multidisciplinary participation from Physiotherapy, Medicine, and Psychology in the partner institution, representing an opportunity to enhance communication between professionals and athletes, and also increase overall athletes performance. **Objectives:** To assess, diagnose, identify and treat factors that interfere with athlete health and performance, such as musculoskeletal dysfunctions, sleep, nutrition and psychological functions. **Methods:** During this project, there were approximately 18 meetings in person with the soccer athletes. Initially, a mapping and definition of the athlete's risk profile were performed based on assessment findings. Subsequently, physiotherapeutic approaches were established according to this profile, categorized as low, moderate, and high risk. Medical and psychological interventions were based on lectures on sleep, nutrition, family support, among others. **Results:** During the project, 98 athletes were evaluated in Physiotherapy and Psychology, and 91 athletes in Medicine during the pre-season. In the postseason, Physiotherapy and Psychology attended to 28 athletes, with improvements of 70% in the SLHB test and 28.75% in the depression questionnaire, respectively. In Medicine, 34 athletes were attended to, with a 25% improvement in the sleep questionnaire. Such improvements reflect a lower probability of musculoskeletal injuries and greater physical and psychological well-being for athletes. **Conclusion:** This experience provided multidisciplinary support to athletes, highlighting the importance of integrating sports and health, as well as emphasizing the positive impact of dedication, discipline, and passion in the pursuit of personal and professional success. **Descriptors:** Multidisciplinary Assistance Team; Prevention; Soccer; Injury.

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## RELATO DE EXPERIÊNCIA

# Health promotion actions among vulnerable adolescents: the experience of medical students in addressing the topic of alcohol and drugs

*Ações de promoção à saúde entre adolescentes em vulnerabilidade: a experiência de acadêmicos de medicina ao abordar a temática de álcool e drogas*

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## ABSTRACT

**Introduction:** Promoting health among adolescents in situations of high social vulnerability requires sensitive and comprehensive approaches adapted to their realities. Strategies such as educational actions aim to prevent substance use and promote a healthy lifestyle. Concurrently, outreach practices offer a unique opportunity to apply theoretical knowledge in practice, aiding in a better understanding of community needs and the complexity of healthcare support. **Purpose:** To report the experience of medical students who developed educational actions targeted at adolescents in high social vulnerability, with the purpose of elucidating the risks associated with alcohol and other drug consumption. **Methods:** In the second semester of 2023, three medical students executed an action associated with the 'Practice in Collective Health I' discipline. The need for intervention was identified based on data provided by the Health in Schools Program. The action was conducted with 100 adolescents from a municipal school, aged between 12 and 16 years. They were divided into groups of 25 participants. Each session lasted for 50 minutes and focused on different types of substances. Active pedagogical approaches, such as interactive lectures and group discussions, were employed to clarify doubts and consolidate knowledge. **Results:** The action took place over 2 meetings, involving 100 participants. It was observed that adolescents were able to clarify doubts and demystify taboos on the topic. During the presentations, the importance of adopting a sensitive and empathetic approach when addressing complex issues such as alcohol and drug consumption was highlighted. Additionally, the significance of actively engaging with the community was emphasized. **Conclusion:** The action positively impacted the lives of adolescents, clarifying their doubts about the topic. Furthermore, it sparked the interest of some students in helping individuals close to them. This initiative contributed to raising awareness about the challenges related to substances consumption, both for medical students and adolescents.

**Descriptors:** Health promotion; Medical education; Drugs; Adolescent.

## EXPERIENCE REPORT

# The importance of using active methodologies for knowledge of animal toxicology for high school students

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## ABSTRACT

**Introduction:** Active methodologies focused on practical activities are fundamental to enhance students' understanding, as it allows a better visualization of the subject. Therefore, it was decided to carry out activities focused on the area of snakes and arachnids, themes included in the High School (HS) curriculum and of extreme medical importance. **Purpose:** Provide the use of active methodology for the integration of the theoretical content taught in the classroom. **Methods:** The actions directed to second-year HS students took place in a laboratory at a private school in the second semester of 2023, during September and October. The activities were divided into three moments: an introductory class on the topic, presentation of animal pieces, and a quiz game in order to promote integration and evaluate the acquired knowledge. **Results:** Four meetings were held with 73 second-year students. Each party involved benefited differently. For the target audience, according to reports through an online form sent to assess their satisfaction, there was a huge benefit in terms of diversification in the teaching method, since more active teaching in the laboratory contributes to focus and greater fixation of the subject. The institution, according to the responsible school teacher, benefits from the student's own attentiveness by increasing their interest in attending and participating in classes in the laboratory. And finally, the activities also greatly benefited the academics, who developed communication, active listening and problem-solving skills. According to the literature, in natural science education, experimentation plays a fundamental role, and the integration of theoretical with practical classes enables the content to be visualized more clearly. **Conclusion:** The significance of extensionist practice was notable for all parties involved. Besides personal growth for academics, seeing content from another angle through practical activities aided retention and added knowledge about venomous animals in medical and daily contexts, for students.

**Keywords:** Animals Poisonous; Education; Problem-Based Learning

## EXPERIENCE REPORT

# Challenges of “Being a woman”: an extension experience report

*Desafios de “Ser Mulher”: relato de experiência extensionista*

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## ABSTRACT

**Introduction:** Violence against women involves any act, motivated by gender, that results in suffering or death of the victim. This form of abuse constitutes an important public health problem and, even though it has increased in recent years, there is a lack of information and community actions aimed at identifying and preventing this problem. **Objectives:** The “Ser Mulher” extension project aims to welcome women in vulnerable situations, in addition to carrying out health education actions. **Methods:** This is an experience report of the “Ser Mulher” extension project, created through a partnership between a private college in Belo Horizonte and a social project that aims to develop education and health promotion actions with women in social vulnerability. Meetings were held, from September to December 2023, between academics and women to address specific topics. Furthermore, meetings were held to discuss central themes in providing care for women victims of violence. Theoretical research was carried out in Portuguese using the “Google Scholar”, “SciELO” and “PubMed” databases. **Results:** The topics of female sexual health and gender dysphoria were discussed. The residents had many doubts about the first topic, all of which were resolved during the conversation. As for gender dysphoria, the residents, despite having requested this topic, stated that they did not know about the subject, presenting fewer doubts due to lack of knowledge and the complexity of the topic. Despite the difficulty encountered in holding the meetings, it was possible to create a bond with the residents, with doubts being resolved and experiences shared. **Conclusion:** Health education projects are of fundamental importance for raising awareness, providing the ability to identify and prevent forms of violence against women. Furthermore, the extension project allowed the development of the ability to identify and analyze conditions of social inequality, frustration management, communication skills and empathy.

**Keywords:** Health education; Violence against women; Social vulnerability.

## EXPERIENCE REPORT SUMMARY

# Using podcast as a tool to spread scientific knowledge: an experience from the neurology interest group

*O uso do podcast como ferramenta para difundir conhecimento científico: uma experiência da liga acadêmica de neurologia*

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## ABSTRACT

**Introduction:** Neurology and neurosurgery are fundamental parts of medicine, which have greatly advanced with the new technologies available. However, the particularities of neuroscience often discourage its study, resulting in low acceptance even in academia. Therefore, the use of creativity and technology to create affinity with neurology plays a relevant role in our environment. **Objective:** This study aimed to report the experience of the neurology interest group with podcasts as a means of expanding contact between academics of the health field and neuroscience. **Methods:** Twenty-three ligands were divided into 4 groups. Between October of 2023 and April of 2024, each group selected two topics from neurology and neurosurgery and produced a script that guided the discussion of this topic with an expert guest in a podcast, later posted on the group's Spotify account. Posts related to scientific articles, clinical cases and tips on films and books on the topics of the podcasts were also produced for posting on the group's Instagram account. **Results:** In total, 48 posts were created related to clinical cases, cultural tips and scientific articles. In addition, 8 podcasts were made, each responsible for covering a different subject. This material reached 311 people on Spotify, and an average of 150 people on Instagram. **Conclusion:** Our group's experience points to good results in terms of disseminating neurological knowledge in our area of coverage. Different audiences require different approaches to transmitting information, however the use of technology and audio has proven to be a viable way of impacting academics in recent years.

**Descriptors:** Community-institutional relations; Webcast; Neurosciences.

## EXPERIENCE REPORT

# Applying to develop: Stimulating high school students in laboratory practice

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## ABSTRACT

**Introduction:** The use of alternative methodologies enhances learning when compared to traditional teaching. Practical experience in the laboratory, particularly in the field of natural sciences, is an excellent way to develop and stimulate scientific reasoning. **Purpose:** To report experiences lived by medical students who carried out practical activities with high school students. **Methodology:** The actions, targeting second-year high school students, took place in a private school laboratory in the second semester of 2023, from August to November. The activities were divided into three moments: an introductory class on the topic, a practical activity that varied according to the theme of the class, and a question-and-answer game to promote integration and assess the consolidation of acquired knowledge. **Results:** Eight meetings were held with 73 second-year high school students. Among the numerous benefits provided by the project, each party involved benefited differently. For the target audience, according to reports received through a satisfaction evaluation form, there was a significant benefit regarding the diversification in teaching methods, as a more active teaching in the laboratory contributes more to attention/focus and thus, greater consolidation of the subject matter. The institution, according to the report of the responsible school teacher, benefited from the students' increased interest in attending and actively participating in laboratory classes. Finally, the activities also greatly benefited the medical students, who developed communication skills, active listening, and problem-solving abilities. According to literature, in natural science education, experimentation is fundamentally important for visualizing the content covered, and integrating theoretical and practical classes allows the content to be seen more clearly. **Conclusion:** Extensionist practice is remarkable for all involved actors in the dynamics. Besides providing personal growth for the medical students, for the students, seeing the content from another perspective through practical activities facilitated consolidation.

**Keywords:** Education; Laboratories; Problem-Based Learning.

## EXPERIENCE REPORT

# Objective structured long examination record (OSLER) as a tool for the formative assessment of practical skills on physical examination and history taking in 2<sup>nd</sup> and 3<sup>rd</sup>-year medical students: a review of the literature and report of the experience at FCMMG

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## ABSTRACT

**Introduction:** The Objective Structured Long Examination Record (OSLER) is a comprehensive method for assessing clinical competence in medical students (MS). It involves ten analytical items evaluated by two qualified observers where the student needs to perform anamnesis and a physical exam on a real patient. Although the OSLER test is currently performed in medical schools in the 5th and 6th years, there is a lack of information about this method among junior students. In 2022, the OSLER test was simultaneously introduced in the following disciplines of FCMMG, *Fundamentos de Semiologia* and *Semiologia dos Sistemas*. **Objectives:** 1) To search and perform a narrative review of the use of the OSLER test for evaluating skills in physical examination and history-taking in 2nd and 3rd-year MS. 2) To report the experience of using this test (adapted to the limitations of students to perform propaedeutic and therapeutic decisions). **Methods:** For the review, we used the following search strategy on EMBASE and MEDLINE databases: ('physical examination')/exp OR ((anamnesis)/exp) AND (('Medical Education Research Study Quality Instrument')/exp) OR ((Objective Structured Long Examination Record)/br). **Results:** We obtained 105 publications but retrieved only two studies (one French and one Irish) that reported the experience of the OSLER test using senior MS as examiners of junior MS. Overall, the OSLER test was well-received by students because it provided individual feedback. Our experience corroborates this positive impact of the OSLER test evaluated by one lecturer and one peer student, comprising 18% and 2% of the student's total grade. **Conclusions:** The OSLER test is a valuable tool for MS teaching anamnesis and physical examination as it analyzes communication, empathy, technical skills, and problem identification. Future surveys conducted pre-and-post OSLER test would indicate the real perception and its impact on the learning of junior MS.

## EXPERIENCE REPORT

# Navigating through the complexities of medical semiology: experience in the OSLER test

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## ABSTRACT

**Introduction:** Osler test in the Fundamentals of Semiology discipline is a milestone in the journey of medical student. It's combines theoretical knowledge with practical skills, challenging students to apply their clinical understanding in real-life scenarios. In this report, we share our perceptions as teachers during the Osler test and how it influences students improvements. **Objective:** To describe the teacher's perception regarding the Osler test conducted in the Fundamentals of Semiology discipline. **Methods:** Teachers of a private Medical School in Belo Horizonte-MG, through active observation evaluated the involvement and progression of the students regarding the applied methodology, student perception and feedback after the Osler test. Before the test, students are expected to review the theoretical content of anamnesis and physical examination. After interviewing and conducting physical examinations, students have to describe the clinical case, including the steps of anamnesis, physical examination, and formulate a list of problems. **Results:** We observed that students, initially, are uncomfortable with the test situation, but as the anamnesis progresses, they start feeling more secure and confident. In general, they are able to conduct good interviews with a physical examination and formulation of a problem list compatible with their level of learning. The discussion with the student, immediately after the test conclusion, is a learning moment where they are receptive to understanding the process being evaluated. This allows reflections on the lessons learned and how they can be applied in the development of their practice. **Conclusion:** Professors observed that the Osler test in the Medical Semiology discipline is a test of clinical skills and communication. It highlights the importance of a technical approach to patient care, integrating theoretical knowledge with practical skills. Receiving immediate feedback from examiners is important for learning, helping to identify areas for improvement and develop confidence and ability to conduct effective clinical assessments.

**Keywords:** Osler test, fundamentals of semiology, assessment instruments.

## EXPERIENCE REPORT

# On the other side of the Objective Structured Clinical Examination: the teacher's view on assessment

*Do outro lado do Exame Clínico Objetivo Estruturado: a visão do professor na avaliação*

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## ABSTRACT

**Introduction:** In medical training, the teaching-learning process requires constant updating of methodologies. Skills training has a theoretical basis and can be improved through the use of performance metrics, including the Objective Structured Clinical Examination (OSCE), which assesses medical skills in a standardized way, involving the teacher as an evaluator. **Objective:** To report the experience of Medicine course teachers in applying the OSCE in Skills Training subjects 1 to 8. **Methods:** It took place in a private higher education institution in Belo Horizonte-MG, in the second semester of 2023, 32 OSCE, in eight periods of the Medicine Course, with approximately 1200 students. At each OSCE, at least five teachers carried out assessments, at a fixed station for each test. The evaluating teacher followed a checklist where there was still space for comments in case of errors. **Results:** Teachers understand OSCE as an exceptional form of assessment, testing the student on knowledge, manual and emotional dexterity, for a limited time. The teacher needs to observe the technique, listen to what the student says and record justifications if there is any error. This process is tiring and each teacher finds ways to stay focused, stretching, consuming water, coffee and food or changing the assessment position. But what is common in this resilience process is the responsibility for the evaluation process. **Conclusion:** The OSCE is an assessment methodology well regarded by teachers, despite generating fatigue and overload of attention, each teacher finds ways to overcome their limits and maintain the assessment focus.

**Descriptors:** Medical faculty; Medical education; Academic performance.

## EXPERIENCE REPORT

# Teacher's perception in review classes of the skills training discipline in the medical course

*Percepção do professor nas aulas de revisão da disciplina de Treinamento de Habilidades no curso de Medicina*

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## ABSTRACT

**Introduction:** Skills training has a theoretical basis and tends to be improved through the use of performance metrics and repetition of techniques. Simulation classes favor competency-based teaching, trained on simple models or high-fidelity mannequins. In addition to material resources, the student must reproduce the skill more times, increasing confidence in its execution. **Objective:** To report the experience of Medicine course teachers when applying content review classes in Skills Training subjects. **Methods:** At the end of the second semester of 2023, at least one content review class was held in each Skills Training discipline, ranging from the 1st to the 8th periods. The review classes cover the entire content of the semester, around ten techniques, running every five minutes, with ten to twelve students in each class and one teacher. On that occasion, teachers observed students' behavior and knowledge of the skills under review. **Results:** The dynamics of the review class are accelerated due to the limited time each student has on a technique. There is a need to arrange materials quickly so that the next student can train. It is necessary for the teacher to be aware of errors, to signal them and not let the student consolidate incorrect information. On the other hand, the teacher notices that the student forgets older classes and finds it easier to remember the most recent ones. He also notes that the student feels more confident and prepared for the final assessment when he has the opportunity to review all the content. **Conclusion:** The review class is extremely dynamic, but it brings benefits to medical students from different periods, given the possibility of remembering steps, correcting errors and training more often.

**Descriptors:** Medical faculty; Medical education; Academic performance.

## EXPERIENCE REPORT

# Development of a question classification method to assist in the assessment of human anatomy learning: an experience report

*Desenvolvimento de um método de classificação de questões para auxiliar na avaliação da aprendizagem de Anatomia Humana: um relato de experiência*

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## ABSTRACT

**Introduction:** The study of Human Anatomy assumes great importance in shaping the reasoning of medical students, providing a solid foundation for the development of future clinical skills related to the human body anatomical aspects. The use of cadaveric specimens is regarded as one of the most realistic methods for learning anatomy. However, practical exams involving natural anatomical specimens may cause discomfort in some students, potentially hindering both learning and assessments performance. **Objective:** The present study aims to report the development of a question classification method that assists in the assessment of learning in Human Anatomy. **Methods:** This is an experience report developed from the monitoring of the Human Anatomy I discipline, which took place in the second semester of 2023, from August to December, with medical students from a private higher education institution. During this period, both professors and monitors developed a systematization for the elaboration of practical exams in the discipline, based on classifying each question into four levels of difficulty: very easy, easy, medium, and difficult. Subsequently, the monitors analyzed the exams corrected by the professors and created a table to correlate the classification of each question with the number of correct answers, using The Difficulty Index (DI). **Results:** The data contained in the table were collected during the second practical exam of Human Anatomy. The sample contains 106 students. This analysis allowed the investigation of which content areas presented the greater challenges for the students. As a result, the teachers were able to identify specific difficulties in relation to issues with natural anatomical parts and adjust teaching according to the class's needs. **Conclusion:** The analysis of the accuracy rate of practical exam questions is an essential practice for monitoring students' learning progress. A study with a larger sample is being developed to deepen the analysis.

**Descriptors:** Learning; Anatomy; Mentoring.

## EXPERIENCE REPORT

# Playful activities in teaching practice: strategies in the teaching-learning process

*Atividades lúdicas na prática docente: estratégias no processo de ensino-aprendizagem*

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### ABSTRACT

**Introduction:** Playful activities in teaching practice assist in learning as they provide the development of cognitive, physical, social and psychological capabilities. From this perspective, the approach to topics related to medical procedures, aimed at medical students, can happen through interactive dynamics capable of promoting more interest in the topic and greater understanding of the content. **Objective:** To report the experience of medical teachers in carrying out playful dynamics to address the topic of Hand Hygiene. **Methods:** Medicine professors from a private institution in Belo Horizonte, during the second semester of 2023, carried out a dynamic with gouache paint during practical Hand Hygiene classes in the Realistic Simulation Laboratory. Around twenty classes participated, with an average of ten students each. Initially, teachers described and simulated the Hand Hygiene technique with liquid soap and alcohol solution. Subsequently, students were blindfolded, received a quantity of paint in their hands and the teachers reinforced the technique step by step. At the end of the playful activity, the students, with their eyes exposed, evaluated the quality of the technique through the colored areas on their hands. **Results:** There was greater interest among students during the practical class, as well as greater understanding of the content and ease in carrying out the appropriate technique. Executing it made the students reflect on the importance of this practice in the health sector, despite being a simple technique, some regions of the hands are still neglected during practice. Teachers realize the benefits of a fun, simple activity that requires little prior preparation, making it a great activity to propose. **Conclusion:** Playful activities are important strategies in the teaching-learning process as they contribute to the understanding of the content in a more interactive, dynamic and enjoyable way, without demanding more time from the teacher.

**Descriptors:** Medical faculty; Medical education; Play; Hand Hygiene.

## EXPERIENCE REPORT

# Pedagogical games in realistic simulation: learning and skills development resource

*Jogos pedagógicos na simulação realística: recurso de aprendizagem e desenvolvimento de habilidades*

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## ABSTRACT

**Introduction:** Realistic simulation can be understood as a technique that allows the student to replace or expand real experiences capable of promoting the development of technical skills, as well as helping to make assertive decisions for each situation and encouraging teamwork and leadership. In this sense, the inclusion of pedagogical games in simulation practice is a teaching strategy to facilitate learning and promote a more interactive and relaxed environment, where teamwork and leadership are present. **Objective:** To report the experience of teachers using pedagogical games as a learning resource in realistic simulation. **Method:** “Board” games were used during practical Skills Training classes in the medical course at a private institution in Belo Horizonte-MG, in 2023, with the aim of stimulating the clinical reasoning of medical students. In the game, the teacher divided each class into two teams, each team moved forward one “house” on the board as they answered a question related to content already seen in the subject. The strategy of using games helped in reviewing all content, as well as in acquiring new knowledge. **Results:** It is clear that the implementation of pedagogical games during practical classes is important as it stimulates competitiveness, collective reflection, teamwork and leadership. Through the games it was possible to create new opportunities for discussions on topics and clarification of doubts. Teachers need to have material resources such as boards, pegs, dice and cards with questions. But it can be seen that the time spent building the resources is offset by applying the same material to several classes. The teacher becomes a guide in the process, where students seek answers among themselves. **Conclusion:** Recreational activities, such as educational games, are teaching strategies to promote medical students’ good use of content, human development and engagement in a stimulating and pleasurable scenario. **Descriptors:** Medical education; Games; Simulation training.

## EXPERIENCE REPORT

# Exploring play in clinical skills training

*Explorando os jogos no treinamento de habilidades clínicas*

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## ABSTRACT

**Introduction:** The teaching of medical skills is anchored in several models that enhance the learning process by using cognitive skills and explanatory models that lead to an expanded understanding of the contexts in which they can be reproduced. In association, a set of emotions are evoked which, when properly explored, contribute to increasing performance, satisfaction and knowledge retention. Therefore, it is important to consider the playful aspect as a methodological approach, even in controlled environments, as playfulness is inherent to human culture and allows us to rescue the essence of the practice of medicine, leading to a movement towards the other. **Objective:** To report the experience of teachers in the Skills Training discipline using the seven errors game as a playful methodology. **Method:** Descriptive study, of the experience report type, relating to teaching during the first semester of 2024. Weekly classes take place in the Realistic Simulation Laboratory, at a private college in Belo Horizonte. Each class has an average of 12 students. Each practical class has a skills guide. In this context, playful teaching strategies were associated, such as the seven errors game. **Results:** The game contributed to making the environment more welcoming to the student, as well as enhancing the development of skills through competitiveness. Academics appeared freer in communicating with the teacher, favoring the creation of bonds that facilitated communication, self-confidence and autonomy in clarifying doubts. At the same time, it was a pleasant activity for the teachers. **Conclusion:** The use of the seven errors game was able to enhance learning, provide a welcoming environment for teachers and students and develop attitudinal skills necessary for practicing medicine.

**Descriptors:** Play; University education; Social skills; Medical faculty.

## EXPERIENCE REPORT

# Knowledge building through workshop: death certificate

*Construção de conhecimento por meio de oficina: declaração de óbito*

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## ABSTRACT

**Introduction:** The construction of meaningful knowledge permeates pedagogical strategies that allow the student to experience concrete situations. Considering that the Death Certificate is presented to the physician at an extremely delicate moment for the family members and that it is a document that involves legal concepts, pathophysiological reasoning, and has important legal repercussions, it is essential that the medical student build a strong knowledge base. **Objective.** This work aims to report a practice of teaching Death certificate through a workshop for medical scholars. **Methods:** This experience took place for the fourth-year medical students from the Faculdade de Ciências Médicas de Minas Gerais. Students are invited to make a short medical report about a case that culminated in the dismissal. In groups the students presented their case, the death certificate, and reflect about the medical and legal cause of death, as well as about the responsible for the document signature (assistant or forensic physician). The activity happens in the classroom, under the professor supervision, providing feedback and closing thoughts after each case presentation. **Results:** The experience proved to be very successful since the students get involved and are interested in the cases, outcome, and repercussions. The activity allows reflection in a safe and supervised environment of the last documents the doctor make for a patient. Document that has a load of pain, emotion, and legal implications allowing the student to develop sensitivity, communicability, respect for others and expand their awareness. **Conclusion:** The benefit of the workshop, as opposed to an isolated theoretical class, is to facilitate the connection with conceptual anchors already established by the students, consolidating the learning about this important document.

**Keywords:** Forensic Medicine; Death Certificates; Medical Education.

## EXPERIENCE REPORT

# Knowledge building through workshop: case report

*Construção de conhecimento por meio de oficina: relato de caso*

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## ABSTRACT

**Introduction:** Clinical experience allows students to have contact with numerous cases throughout the undergraduate course. Although it is not considered a scientific source of high level of evidence, the case report is indeed an important source of information. For example, clinical and therapeutic understanding of Covid-19 and Long Covid was first disseminated to scientific community through case reports.

**Objective.** This work aims to report a practice of teaching scientific publication of case report through a workshop for medical scholars. **Methods:** This experience took place for medical students as a requisite of the scientific initiation program of Faculdade de Ciências Médicas de Minas Gerais. Students are invited to make bring an eligible case to the workshop. The workshop begins with a short conference ministered by the teacher about ethical considerations, Conep guidelines, pathways for writing the article and submission requirements. Then, each student explains the case they choose to bring to class and start the procedures to prepare the case for ethical and publication submission under the professor supervision. In the second encounter, two weeks after the first, students return preferentially with all the procedures done and present the challenges and solutions found. If there are still any doubts during the class, there is time to solve and discuss. To give each student attention and feedback the activity is performed for a maximal group of 10 students. **Results:** The experience proved to be encouraging since the students could build knowledge to produce an article using an interesting case of their own clinical practice. **Conclusion:** The benefit of the workshop, as opposed to an isolated theoretical class, is to facilitate the connection with conceptual anchors already established by the students, consolidating the learning, and stimulating publication.

**Keywords:** Case Report; Publications for Science Diffusion; Medical Education.

## EXPERIENCE REPORT

# Home visits as an effective strategy to increase the awareness of medical students in health care

*A visita domiciliar como uma efetiva estratégia para ampliar a conscientização de acadêmicos de medicina no cuidado em saúde*

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## ABSTRACT

**Introduction:** Home care is a form of health care offered at the patient's residence and is characterized by a set of health promotion, disease prevention and treatment, and rehabilitation actions, ensuring continuity of care and integrated into the Health Care Network. With different approaches, this type of service is available in the Unified Health System (SUS), and is offered according to the patient's needs, based on an analysis of the family health teams in the scope of Primary Care. **Objective:** The study aims to analyze how home visits (HV) can be an effective strategy for the teaching-learning process of medical students at the beginning of their training. **Methods:** The HV is part of the of actions foreseen in the discipline Practices in Collective Health I and provides students with recognition of the territory in which they are inserted. By approaching the patient at home, they identify people's way of life and reflect in practice how social determinants can directly influence the subjects' illness process. The HV provides a comprehensive analysis of patient's life context, addressing social aspects, diet, and ensures effective access by the family health team for users who have mobility limitations. **Results:** HV provide medical students a better understanding of the capillarity that the health system needs to have to provide health care in the context of Primary Care effectively. Such action provides critical thinking, leading the student to think of broad approaches that should extrapolate drug treatment in the health care process. **Conclusion:** HV is a strategic action in the teaching-learning process and enables the medical student to develop critical reasoning, with a more effective approach to the social determinants in the care process of the population in general.

**Keywords:** Medical Education; House Calls; Public Awareness

## EXPERIENCE REPORT

# Hiper-realistic and immersive disaster response simulation: medical forensic perspective

*Simulação hiper realística e imersiva de resposta a desastres: perspectiva médico legal*

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## ABSTRACT

**Introduction:** In major disasters, challenges are faced in the care of survivors, in the foreground. In the background, there is the need to locate and identify the fatal victims. **Objective:** This work aims to report a practice of teaching major disaster response in a forensic medical perspective through hiper-realistic and immersive simulation of Faculdade de Ciências Médicas de Minas Gerais. **Methods:** This experience began with a simulation of an aircraft crash accident in a field área close to the airport. The disaster response took place in multiple places (field, multiple hospitals, and mortuary), for students and professors of Faculdade de Ciências Médicas de Minas Gerais, as well as task force professionals (firefighters, health, police). The medical forensic professionals and students stayed at the mortuary. They had to wait for rescue of alive victims, expert site examination, and rescue and transportation of fatal victims. After the proper field summary examination and identification, the simulated charred remains were carried to the mortuary. To give each student attention and feedback the forensic medical activity is performed for a maximal group of 5 students. **Results:** The students performed forensic photography, x-ray exams, necropsy, collection of complementary exams, and finalized the activity with identification through radiological comparison with antemortem documentation. All the simulation underwent the supervision of the professor and an anatomy technician. The experience proved to be challenging and extremely realistic as the team was immersed in forensic scenario, requiring complex interventions and decision making. **Conclusion:** The benefit of the hiper-realistic and immersive disaster response simulation, as opposed to an isolated theoretical class, is to facilitate the connection with conceptual anchors already established by the students, consolidating the learning, and preparing students and professionals for this challenging practice in a real situation.

**Keywords:** High Fidelity Simulation Training; Medical Education; Forensic Medicine

## EXPERIENCE REPORT

# Challenges and strategies in teaching the Heimlich maneuver to medical students: experience report on skills training

*Desafios e estratégias no ensino da Manobra de Heimlich para estudantes de medicina: relato de experiência no treinamento de habilidades*

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### ABSTRACT

**Introduction:** Choking is a potentially dangerous situation that occurs when a solid or liquid object obstructs the airway. Recognizing the signs is essential to act quickly and avoid complications, with the Heimlich maneuver being the appropriate technique for clearing the obstruction. **Objective:** To report the experience of teachers when teaching classes on choking and disengagement maneuvers for medical students. **Methods:** Descriptive study, experience report type, on the experience of teachers of the Skills Training II discipline. The classes were taught in the second semester of 2023, for 18 second period classes, where at first, teachers explained the theoretical part of the content, defining concepts about partial and total choking. In the second moment, it was demonstrated how the choking victim should be approached and the Heimlich maneuver should be performed step by step. Finally, the students trained on simulation dummies, where a foreign body located in the airway should be expelled when the student performed the maneuver correctly and effectively. **Results:** It was noticed that the students, during the theoretical explanation and demonstration by the teacher, considered the technique to be simple, but during the first attempts to implement it, they were unsuccessful. Furthermore, it was observed that students with short stature had difficulty executing the maneuver. Therefore, it was necessary for teachers to reinforce the technique with the students and create tools, such as positioning the manikin at the same height as the student or using talc on the manikin's airway, so that the students were successful. **Conclusion:** It was found that, when teaching a crucial topic such as the disengagement maneuver, students may encounter challenges in effectively executing the technique. Therefore, it is essential that teachers identify these difficulties and develop resources to facilitate learning, aiming for adequate implementation in emergency situations.

**Descriptors:** Gagging; Heimlich Maneuver; Medical Education.

## EXPERIENCE REPORT

# Contributions of using clinical cases as a complementary methodology to integrate practical content

*Contribuições da utilização de casos clínicos como metodologia complementar para integrar conteúdos práticos*

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## ABSTRACT

**Introduction:** Using laboratories to train skills on high-reliability mannequins is essential to incorporate theoretical knowledge into the acquisition of practical skills, consolidating the learning of students in health courses. Active methodologies to integrate practical classes can be used through simulated clinical cases on mannequins to bring the student closer to continuous patient care. **Objective:** To report the experience of using realistic clinical cases that integrate practical classes, in the Skills Training III discipline in Medical Course. **Methods:** Descriptive study of the experience report type, carried out at a private medical school, which aims to describe the experience of teachers in relation to the inclusion of clinical cases in practical classes of the Skills Training III discipline, in the second semester of 2023 for the 3rd period. This was a demand that came from the students, as they were unable to interconnect the execution of the different skills in patient care. Thus, clinical cases were prepared by the professors of the period, integrating the skills in a single patient in the hospital environment. Subsequently, two classes were held using the active methodology of clinical cases in small groups. **Results:** The active participation of students in the execution of clinical cases was noted, where they carried out an evaluation of the high-fidelity mannequin, identified the problems and chose the best skill that should be performed for the patient's recovery. It was challenging for the teacher to develop cases that integrated several techniques, but observing the positive feedback from the students were valuable. **Conclusion:** The integration proved to be effective and increased student interest and understanding. This methodology provided a significant learning experience, allowing students to evaluate, diagnose and intervene more efficiently in simulated situations, better preparing them for future clinical practices.

**Descriptors:** Academic performance; Medicine; Learning.

## EXPERIENCE REPORT

# Vilipending the corpse: ethical and legal discussions

*Vilipêndio a cadáver: discussões éticas e legais*

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## ABSTRACT

**Introduction:** The introduction to anatomy is a significant moment for medical freshmen as it represents their first contact with cadavers. Recently, a crime of corpse desecration, as defined in Article 212 of the Brazilian Penal Code, gained national attention, raising important questions on the subject. In light of this context, the faculty of Anatomy I at the Medical Sciences Faculty of Minas Gerais (FCMMG) recognized the relevance of addressing the legal and ethical issues related to the use of cadavers in the classroom, especially among first-year medical students. **Objective:** To report the experience of Anatomy I professors and monitors in informing students about issues related to contact with cadavers and the crime of corpse desecration. **Methods:** In the first semester of 2024, in response to the identified need by the professors of Anatomy I at FCMMG, along with two teaching assistants, an awareness campaign was planned targeting medical freshmen, addressing the law on corpse desecration. To achieve this, discussions were held in the form of group conversations involving the professors and monitors, with a focus on laws and articles addressing the ethical and legal considerations related to the use of cadavers. **Results:** The discussions took place over 3 meetings, during which the professors and monitors elaborated on the complexity of the topic and stressed the importance of conducting an action aimed at raising awareness and informing the freshmen about the subject. **Conclusion:** At the beginning of the second semester of 2024, a comprehensive action will be conducted with the aim of addressing relevant issues on the subject, equipping new students with the necessary knowledge to ensure their first experience with cadavers takes place appropriately, respecting ethical and legal boundaries. This action will be implemented through informative lectures, distribution of explanatory pamphlets, and interactive discussions in the classroom.

**Descriptors:** Anatomy, Corpse, Students.

## EXPERIENCE REPORT

# Experience report: the work of psychopedagogical support for young university students

*Relato de experiência: o trabalho do apoio psicopedagógico a jovens universitários*

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## ABSTRACT

**Introduction:** Currently, higher education institutions have been faced with the psychic suffering of young university students. Teachers, managers, and employees often witness acts of self-aggression, anxiety crises, panic, speeches indicating giving up on life or the course. It was from this impasse and guidance from the Ministry of Education that colleges and universities created spaces to offer psychopedagogical support.

**Objective:** To report the experience of the Psychopedagogical Support Center (NAAP) of the Faculty of Medical Sciences (FCMMG). **Methods:** The NAAP has educational psychologists and psychopedagogues to assist students. Psychology is not a space for psychotherapy, but it offers up to five consultations (per problem) a space that aims to intervene in the suffering and anguish of students. Pedagogy, on the other hand, offers new study techniques, routine organization, highlighting priorities, among others. **Results:** Based on the satisfaction survey conducted by NAAP in the second semester of 2023, it was found that 93.20% of students said they were very satisfied with the support provided. NAAP has become a reference among FCMMG students. Colleagues, when they perceive some type of suffering, indicate the NAAP or even seek out psychologists and psychopedagogues to indicate the care of the colleague. The institution's professors and employees also seek the sector to discuss cases or indicate assistance to a student. **Conclusion:** The NAAP presents an ethical position and makes the entire academic community mobilize about the cases, so that young people do not die or can, minimally, elaborate suffering and anguish by seeking paths and answers linked to life. It is also possible to put oneself in motion in front of a young person who makes his despair appear instead of being paralyzed in the face of the anguish that the act transmits.

**Keywords:** Education; Anxiety; Students.

## EXPERIENCE REPORT

# Impact of practical training in intramuscular medication administration: emphasizing patient safety

*Impacto do treinamento prático em administração intramuscular de medicamentos: enfatizando a segurança do paciente*

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## ABSTRACT

**Introduction:** Intramuscular (IM) medication administration is an essential skill for healthcare professionals. The correct execution of this technique, based on the 13 rights and patient safety, guarantees the therapeutic effectiveness of the medicines and minimizes the risk of complications for patients, such as nerve injuries and infections. **Objective:** Report the importance and impact of practical training in intramuscular medication administration techniques and safety protocols for medical students. **Methods:** Experience report study carried out in a private higher education institution in Belo Horizonte-MG, in the second semester of 2023, with students from the first period of the Medicine Course. Classes were held in groups of a maximum of 12 students, introducing the basic principles of IM medication administration, including muscle anatomy, types of medication used and asepsis techniques. Then the teachers demonstrated the correct application technique using anatomical simulators and finally the students carried out the administration of IM medications in a supervised manner. **Results:** It was observed that most of the students correctly chose the application site, performed asepsis, inserted the needle and correct doses. However, it was noted that they failed to evaluate patient safety items and ensure that administration measures were met, such as: patient identification, checking medical prescriptions, validity of medications, instructions and correct registration. Given this, teachers reinforced the importance of these components in providing care, aiming to prevent medical errors and unnecessary harm to the patient. **Conclusion:** It is concluded that the practical teaching of the intramuscular medication administration technique combined with patient safety and 13 certain protocols are crucial for students to emphasize patient care in a holistic way rather than focusing on isolated practices, ensuring safe and quality assistance.

**Descriptors:** Patient Safety; Medical education; Intramuscular injection; Learning.

## EXPERIENCE REPORT

# Use of realistic simulation in the training of employees in the administrative sector of a university hospital

*Uso da simulação realística na capacitação de colaboradores do setor administrativo de um hospital universitário*

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### ABSTRACT

**Introduction:** Education and health are interconnected because they are complementary social practices. Realistic simulation is a methodology that enhances transformations in health and favors the collective construction of skills. **Objective:** To report the experience of medical professors involved in training professionals in the administrative area of a university hospital regarding care for cardiorespiratory arrest (CPA) in adults. **Method:** Training was requested for 15 professionals from a university hospital in the second half of 2023. In the first meeting, teachers carried out an unstructured brainstorming session in order to seek previous knowledge and questions from professionals on the topic. In the two subsequent meetings, realistic simulations were carried out involving employees to identify signs of a CRP, in addition to actions to be adopted, at pre-hospital and hospital levels. Clinical cases were created to give greater veracity to the simulations, following the principles of realistic simulation. **Results:** Employees at the hospital, in the care, management and support areas correctly identified the signs presented by an adult in cardiac arrest, demonstrated proactivity in acting and activating the emergency team. It was a valuable experience for the teachers, training a health service team, unlike training academics. By applying active methodologies, favorable feedback was obtained from professionals and greater immersion in the proposal of clinical cases. **Conclusion:** The interventions resulted in greater security for professionals in the administrative sector to perform their functions in the hospital environment. The use of active methodologies contributed to the improvement of those involved and brought satisfaction to teachers. **Descriptors:** Simulation training; Continuing education; Health personnel; Faculty.

## EXPERIENCE REPORT

# Impact of skills training on pediatric care and teaching among medical students

*Impacto do treinamento de habilidades no atendimento e ensino de pediatria entre alunos de medicina*

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## ABSTRACT

**Introduction:** The instruction of the pediatric care's routine, for many years, was at the mercy of very empirical teaching methods, based on the specialist's level of evidence and some theoretical semiological knowledge. With the improvement of realistic simulation models in teaching, it was possible to offer the student a theoretical and practical experience in a more didactic way through handling mannequins before the contact with the real patient. With the support of the simulation laboratory it is possible to better prepare students for attending pediatric patients. **Objective:** To observe the positive impact that skills training with mannequins brings to the student in the external and outpatient environment. **Methods:** Skills training classes were taught for the 5th period of medicine at private College in the first semester of 2024 (4 classes divided into 5 subclasses). During lessons, the students were encouraged to carry out pediatric anamnesis and physical examination in a complete and systematic way. Simultaneously the same students were allocated to outpatient clinics for childcare care. **Results:** From the teaching perspective, it's clear that students who participated in the training at simulation laboratory had better opportunities to resolve their doubts about carrying out a good anamnesis and appropriate physical examination. The student who trains practical skills in safe conditions is able to better perform and identify semiological finds, especially those associated with cardiac and respiratory auscultations. In the controlled environment, the student is able to readily identify different sounds in a comparative way and with gradual knowledge, thus, they have better performance and autonomy in the practical exercise of pediatric care. **Conclusion:** With realistic simulation mannequins, it was possible to fill some important gaps that distanced theoretical knowledge from practical's, making the student more successful in real patient's care.

**Descriptors:** Medical faculty; Medical education; Simulation Training; High Fidelity Simulation Training.

## EXPERIENCE REPORT

# Prova gincana – a team based learning and evaluation

*Prova gincana – aprendizado e avaliação baseado em atividade em grupo*

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**Introduction:** The search for assessment methodologies that effectively contribute to the development of essential skills in medicine has been an ongoing challenge in higher education institutions. The “Prova Gincana,” implemented at the Curriculum Integration discipline at a private medical school in Minas Gerais, Brazil, offers an innovative approach by integrating theory and practice through collaborative and significant assessment. **Objective:** The aim of this study is to report the faculty’s experience with the “Prova Gincana,” evaluating its effectiveness in developing skills such as clinical reasoning, interpretation of complementary exams, and teamwork. **Methods:** The “Prova Gincana” occurred from 2022 to 2024 is conducted in groups of approximately 4 to 6 students, who are presented with a clinical case to analyze and answer questions related to the problem list, diagnostic hypotheses, propaedeutics, and therapeutics. The questions are tailored to the specific skills of each period of the medical curriculum, with grades assigned to the group. In addition to the questions posed by the teachers, the groups develop questions for colleagues in the other team, promoting an additional clinical challenge, encouraging a deeper engagement with the case studied and the dialogical interaction in knowledge building and exchange. It is a tool with a gamification methodology stimulating investigation, understanding and construction of knowledge through active participation in this learning process. **Results:** The results show that the “Prova Gincana” promotes better interaction among students, encouraging teamwork, trust, and mutual responsibility. Furthermore, a significant improvement in clinical reasoning and the ability to interpret complementary exams was observed among the participants. **Conclusions:** The “Prova Gincana” has proven to be a valuable pedagogical tool, contributing to medical training by reinforcing important clinical competencies and promoting more integrative and cooperative learning with the purpose of building, improving and assimilating knowledge pertinent to humanistic, critical and reflective medical training.

**Descriptors:** Medical Education; Educational Assessment; Teamwork; Clinical Reasoning; Curricular Integration

## EXPERIENCE REPORT

# A new perspective on women's health through high-fidelity simulation training

*Uma nova visão da saúde da mulher através do treinamento com simulação de alta fidelidade*

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### ABSTRACT

**Introduction:** Teaching obstetrics and gynecology (OB/GYN) care is often constrained by the lack of practical experience in addressing women, who are frequently in situations of intimate exposure and vulnerability. Medical students need diverse opportunities to understand and perform the skills required of a generalist physician, such as breast examinations, vaginal exams, pap smears, prenatal care, and even deliveries. Practicing on simulation models before touching a real patient for the first time has been shown to be extremely successful in terms of educational outcomes. **Objective:** Report how teacher perceives the positive impact that skills training with mannequins offers to the student in the outpatient setting. **Methods:** Third-year medical students at a private institution in Belo Horizonte were divided into four groups for deliberate practice in the simulation laboratory. All assimilated content was simultaneously applied in real-life practice at the OB/GYN outpatient clinic. **Results:** Through the handling of simulation mannequins and repeated training, the consolidation of content became easier and more concrete. Students were able to ask questions and explore female anatomy safely and without harm. After each training session, an increase in student autonomy and improved performance in the OB/GYN outpatient clinic was observed, leading to positive outcomes for patients, who received safe and ethical physical examinations and care. Teachers were more confident and relaxed during services. **Conclusion:** By engaging in practical experience and reinforcing theoretical knowledge through systematic approaches using high-fidelity simulation mannequins, it is possible to teach students about anatomy and techniques for conducting OB/GYN physical exams without overly exposing patients. This approach enables students to develop greater confidence and precision in providing care.

**Descriptors:** Medical faculty; Medical education; Simulation Training; High Fidelity Simulation Training.

## EXPERIENCE REPORT

# Application of physiological reasoning in medical physiology teaching: integrating theory and clinical practice

*Aplicação do raciocínio fisiológico no ensino de fisiologia médica: integrando teoria e prática clínica*

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## ABSTRACT

**Introduction:** Active methodology (AM) has been increasingly highlighted in the field of education, providing a dynamic and participative approach to the teaching-learning process for students. In the context of physiology teaching, the application of physiological reasoning (PR) is essential to connect theoretical concepts with clinical practice, allowing students a deeper and more meaningful understanding of physiological phenomena. **Objectives:** To explore the effectiveness of PR methodology in teaching physiology to beginner students in the medicine course. **Methods:** This type of AM was developed for students over two semesters, forming groups of 5 to 6 people, totaling 400 students during the period. The dynamics were as follows: a brief review of relevant theoretical points and presentation of clinical cases to the students by the professor. Students were challenged to apply their knowledge to solve the cases, identifying and discussing physiological concepts and their application in clinical practice. The professor also provided information on examination techniques, diagnosis, and treatment to enrich the discussion. **Results:** Ten sessions of this type of AM were conducted, with high effectiveness in student engagement and promoting a dynamic and interactive learning environment. There was a significant increase in interest in the topic, as well as an improvement in the ability to apply theoretical concepts in clinical practice by the students. The enriched discussion with additional information provided by the professor contributed to a more comprehensive and contextualized understanding of the topics. **Conclusion:** Based on the results obtained, it is concluded that PR methodology is a valuable tool in teaching physiology, especially for beginner students. By integrating theory and clinical practice, this approach promotes meaningful and lasting learning, preparing students to face real-world challenges in their future careers in healthcare.

**Keywords:** Education; Physiology; Teaching; Clinical Practice.

**Financial support:** Faculdade de Ciências Médicas de Minas Gerais.

## EXPERIENCE REPORT

# Exploring the active flipped classroom methodology: a study on physiology teams presentations

*Explorando a metodologia ativa da sala de aula invertida: um estudo sobre apresentações em equipes de Fisiologia*

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## ABSTRACT

**Introduction:** In recent years, innovative active methodologies (AMs) have gained attention in the field of education to increase student engagement and promote active learning. One of these is the flipped classroom approach (FCA), which has emerged as a strategy to transform the traditional classroom dynamic to assess knowledge in medical studies. **Objectives:** To investigate, evaluate, and analyze the effectiveness of the FCA methodology in physiology teaching. **Methods:** Over two semesters, this type of AM was developed for students, forming teams of 5 to 6 people, totaling 400 students during the period. The dynamics were as follows: students formed teams and were given topics for research and presentation. Each group was responsible for creating a 15-minute audiovisual presentation, where they explored and presented the specific topic. The professor evaluated the performance of the teams, providing feedback on effective communication skills and elucidating the concepts covered. **Results:** The FCA methodology facilitated greater student participation in the learning process. Team presentations encouraged a collaborative and interactive approach, promoting active engagement with the content. Additionally, the diverse perspectives presented by the groups enriched classroom discussions, leading to an overall improvement in understanding of the material. **Conclusion:** The results suggest that this AM represents an effective approach to physiology teaching. By stimulating critical thinking, fostering collaboration among students, and promoting the practical application of learned concepts, this AM contributes to a more dynamic and engaging learning environment. Moreover, the ongoing assessment of student performance during presentations allows for personalized support and monitoring of their progress, ultimately enhancing the overall learning experience.

**Keywords:** Methodology as a Subject; Physiology; Teaching.

**Financial support:** Faculdade de Ciências Médicas de Minas Gerais.

## EXPERIENCE REPORT

# The use of clinical cases as a teaching methodology in medicine

*O uso de casos clínicos como metodologia de ensino em medicina*

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### ABSTRACT

**Introduction:** In the context of medical education, it is common for students at the beginning of the course to face a considerable volume of theoretical content, often challenging to connect with clinical practice. To mitigate this gap between theory and practice, the use of clinical case resolution activities emerges as a promising strategy. In this study, we explore the implementation of these activities as a teaching tool. **Objective:** The aim of this study is to evaluate the effects of using clinical case resolution activities on improving the learning of early-stage medical students. We seek to demonstrate how these activities can facilitate the understanding of medical theory, its practical application, and consequently, improve student learning. **Methods:** The study was conducted at a medical school in Belo Horizonte, where clinical case resolution activities were incorporated into the curriculum of the third semester. Cases were selected to address relevant theoretical concepts and were presented in the classroom, followed by group discussions and analysis of the practical aspects of the situations presented. The impact of the activities was assessed through performance evaluations in practical assessments. **Results:** Preliminary results indicate a positive response from students regarding clinical case resolution activities, highlighting their usefulness in understanding theoretical content and preparing for real clinical situations. Additionally, a significant improvement in student performance in practical assessments was observed after the implementation of the activities. **Conclusion:** The integration of clinical case resolution activities in the early stages of medical school has proven to be an effective strategy for improving the understanding of theoretical content and preparing students for medical practice. These activities provide a crucial bridge between theory and practice, significantly enriching the learning process of medical students.

**Keywords:** Medical Education, Teaching, Methodology as a Subject.

**Financial support:** Faculdade de Ciências Médicas de Minas Gerais.

## EXPERIENCE REPORT

# Realistic simulation as a learning tool in medical physiology

*Simulação realística como ferramenta de aprendizagem na fisiologia médica*

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## ABSTRACT

**Introduction:** Realistic simulation (RS) is a tool in medical education that aims to develop hard and soft skills in real-life situations and is applied at all levels of medical education, emphasizing multidisciplinary in various clinical situations. **Objective:** To integrate theoretical knowledge of human physiology with the real experience of medical practice, developing hard and soft skills in students from the first years of the medical course. **Methods:** In two semesters of the medicine course at CMMG, 6 hospital care scenarios were developed to 2nd and 3rd year students, covering around 200 students. Each class of 50 students was subdivided into 2 sub-classes which alternated in the scenario, with 25 students. A Laerdal SimMan ALS mannequin from CMMG's Realistic Simulation laboratory was used. Clinical situations related to theoretical knowledge of human physiology were covered: cocaine and pesticide intoxication, hypovolemic and neurogenic shock, ketoacidosis and hypoglycemic emergency. Anamnesis was taken, vital signs monitored, medication administered and complementary tests requested, with the aim of stabilizing the patient. In each scenario, 4 students conducted the care while the others experienced the simulation as observers. Discussion of the patient's clinical situation, the procedures conducted and the physiological processes occurred at the end. **Results:** RS provided greater dynamism in human physiology classes, making the teaching-learning process more interesting for the student, and was able to bring professional medical experience into the context of physiological knowledge. The scenarios provided greater proximity between teacher and student, greater involvement in the construction of knowledge and greater credibility of the importance of basic subjects within the clinical context. They were also effective in making students more aware of the importance of developing clinical thinking, teamwork, decision-making, interdisciplinarity and human physiology. **Conclusion:** RS is an effective tool for developing physiological knowledge in medical practice, providing students with conditions for integrating medical knowledge.

**Keywords:** Simulation Training<sup>1</sup>; Physiology<sup>2</sup>; Education, Medical<sup>3</sup>

**Financial support:** Faculdade de Ciências Médicas de Minas Gerais

## EXPERIENCE REPORT

# Active methodology in medical biochemistry: an integrated approach with simulated clinical practice

*Metodologia ativa no ensino de bioquímica médica: abordagem articulada com a prática clínica simulada*

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## ABSTRACT

**Introduction:** The use of active methodology in the field of Medical Biochemistry enables the use of differentiated learning strategies that promote the active participation and protagonism of the student in order to achieve complex levels of thought and commitment in their actions<sup>1</sup>. This is necessary due to the difficulty presented by students in the development of knowledge regarding the subject<sup>2</sup>. **Objective:** To develop simulated clinical practices as an active methodology for teaching biochemistry to medical students. **Methods:** The methodology was applied to first-year medical students, 200 students divided into groups of 30 students and subgroups of 6 students. The general theme was “Clinical applications of biochemistry in pathologies”. Each sub-group chose a sub-theme involving a pathology, where they carried out a simulation of clinical care, in a time limit of 10 minutes. Information such as the patient’s main complaint, physical examinations, pathological suspicion, complementary examinations and clinical diagnosis were covered. During the clinical practice, the simulation students themselves correlated the pathology in an interdisciplinary way with biochemical metabolism. The evaluation criteria used were: content covered, thematic relevance, oral presentation, creativity, argumentative capacity, connection between the group and mastery of the subject. **Results:** The students demonstrated active involvement in the learning process, building clinical care situations with a biochemical and interdisciplinary approach. Relevant aspects of the patient’s clinic were constructed in a technical-scientific manner, as were the reports, diagnoses and therapies. The simulations provided evidence of real-life experience, proving to be an effective instrument for correlating biochemical knowledge with professional medical life. The students developed their decision-making skills, their ability to work as a team, their creativity and their concise technical skills, with a high level of awareness of the importance of biochemistry within the medical clinic. **Conclusion:** The use of simulated clinical practices as an active methodology in the teaching of Medical Biochemistry has made learning more interactive and motivating, as well as facilitating the correlation of basic knowledge with medical experience.

**Keywords:** Methodology as a Subject 1; Biochemistry 2; Health Strategies 3.

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## EXPERIENCE REPORT

# Application of clinical cases in the formative practice of biochemistry in medical education

*Aplicação de casos clínicos na prática formativa de bioquímica no ensino médico*

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## ABSTRACT

**Introduction:** Biochemistry is important for medical courses because of its application in professional practice. Although it is an organized curricular subject, it is defined by students as a collection of chemical structures and reactions, which are difficult to assimilate and disintegrated from professional practice<sup>1</sup>. The ability to provide integration of basic and clinical biochemical knowledge can be provided by a more stimulating and humane learning environment<sup>2</sup>. **Objective:** Application of clinical cases and practical analyses integrating biochemical knowledge with medical situations, using the laboratory as a training context. **Methods:** Over 6 months, the methodology was applied to the 1st period of the Medicine course, with 200 students divided into groups of 30 students and subgroups of 6 students.. Five practicals were carried out with clinical cases on: Enzymes, Carbohydrates, Diabetes Mellitus, Acid-Base Balance and Cardiac Function Test. The clinical cases were structured with patient identification, main complaint, current, past, family and social history and physical examinations. Complementary tests were made available. For each case, a complementary test was carried out by the group in the laboratory, and the results were analyzed in the light of the clinical situation. **Results:** A total of 40 formative practices were made, where reasoning became more dynamic and closer to the student and teacher. The students were interested in building knowledge, connecting previous theoretical knowledge with the clinical applications discussed. Greater application of biochemical processes within the health-disease binomial and real clinical experience. Performing complementary biochemical tests proved to be effective in meaningful learning. In meaningful learning, students attribute meaning to knowledge and give it importance according to its usefulness in their daily lives<sup>2</sup>. The importance of feelings and empathetic emotions, people's right to make their own choices and creativity are the foundations of the humanistic approach to learning<sup>3</sup>. **Conclusion:** The use of formative practice, correlating clinical cases with discussions and results, promotes greater theoretical and practical integration.

**Keywords:** Methodology as a Subject1; Professional Practice 2; Biochemistry 3.

**Financial Support:** Supported by the Faculdade de Ciências Médicas de Minas Gerais.

## EXPERIENCE REPORT

# Active methodology in evaluating medical students' learning escape room

*A metodologia ativa na avaliação da aprendizagem de estudantes de medicina em “escape room”*

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## ABSTRACT

**Introduction:** Teaching activities that present practical challenges and real situations promote initiative, interaction and the development of students' technical and behavioral skills in simulation environments.

**Objective:** To report teaching experience in the partial evaluation carried out in the “escape room” format, with undergraduate students of the Medicine course at a private college in Belo Horizonte in the Integration Curricular Discipline. **Methods:** During the first semester of 2024, fourth-year medical students participated in the discussion of clinical cases in the curricular integration discipline. Divided into groups of six, students faced practical assessments in a realistic simulation laboratory, in an “escape room” format. A clinical case was presented and the students began treatment based on the main complaint. The teacher created content-related clinical puzzles to help groups formulate diagnostic hypotheses, differential diagnoses, and treatment plans. Logical reasoning games have been incorporated to allow access to resources such as X-ray imaging and oxygen therapy. Three clinical cases were developed, covering topics such as chronic obstructive pulmonary disease, cor pulmonale, mitral stenosis and atrial fibrillation, pneumonia and pleural effusion. Students were challenged to solve the cases in 15 minutes to escape the virtual simulation room. **Results:** The evaluation carried out in the “escape room” format showed the adoption of a more participatory and collaborative attitude by students, increasing motivation to acquire new knowledge, leading them to a more consistent decision-making process and evaluation of Results: However, a small number of students exhibited anxious behavior as they felt under environmental and time pressure. The teachers needed to organize themselves in advance, including tips, information and ensuring reactions, all in a chain. **Conclusion:** There was student engagement in observation, listening and discussion activities, with the development of critical skills, reflection and teamwork.

**Descriptors:** Educational Assessment; Medical Education; Active methodology; Motivation for learning; Team work.

## EXPERIENCE REPORT

# Histology challenge: an important strategy of group learning

*Desafio histológico: Uma importante estratégia de aprendizado em grupo*

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## ABSTRACT

**Introduction:** Medical histology is a discipline in the second term of the medical course that is crucial for building the foundation for pathology, where knowledge of system histology is fundamental for defining a pathological diagnosis. However, due to the abstract nature of the discipline, students often find it challenging to understand, and different types of learning approaches are needed. **Purpose:** To present an experience report of group learning (TBL) conducted in the histology class. **Methods:** The strategy was implemented from the first semester of 2022 until the second semester of 2023, involving two classes of medical students from a private school in Belo Horizonte, MG, Brazil. It was conducted at the end of the histology classes, after all topics had been covered. The class was divided into five groups of six students each. Histology images of all organ systems were randomly presented, and students in groups were challenged to identify them. For each image, students had ten minutes to discuss and write their responses. This step accounted for 80% of the proposed grade. Next, one leader from each group was elected for the following step, which involved the leaders identifying the same images previously presented. The leaders were allowed to discuss and compare the responses of all groups and finally reach a common response, accounting for 20% of the students' grade. **Results:** Four sessions were conducted at the end of each semester, impacting almost 480 students. During the activity, students had the opportunity to discuss the histological identification of organs with their peers and learn from each other the reasons behind their group's choices. **Conclusion:** This approach enables a better understanding of the discipline and identification of knowledge gaps. Additionally, it helps students improve their social interaction skills and problem-solving strategies.

**Keywords:** Histology; Medical education; Learning health system.

## EXPERIENCE REPORT

# Exploring frontiers in endocrinology: a journey of experience at a university center

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## ABSTRACT

**Introduction:** Clinical care in endocrinology is vital for enhancing patients' health and quality of life. This report focuses on endocrinology practice within a university setting, addressing the unique challenges and opportunities encountered. **Objective:** To describe specialized endocrinology care experience at a University Center. **Methods:** Care was provided at an endocrinology clinic integrated with a university center, with students and professors collaborating to deliver specialized care in the year of 2023. Patient records were analyzed to identify care patterns and areas for improvement. **Results:** In 2023, 2135 endocrinology appointments were conducted by 10 expert professors at the university center clinic. Primary diagnoses included 743 cases of diabetes (34.96%), 472 cases of thyroid diseases (22.21%), and 212 cases of obesity (9.97%), with the remaining 32% comprising various other endocrinological conditions. The age distribution was: 14.77% between 18 and 40 years old; 38.63% between 41 and 60 years old; 29.88% between 61-70 years old, and 19.24% above 70 years old. 72.65% of appointments were with female patients. A multidisciplinary approach facilitated holistic patient assessment, integrating medical treatment, dietary guidance, and psychosocial support. **Discussion:** The academic environment provided opportunities for learning and research, enriching clinical practice with the latest evidence. Collaboration among students, professors, and healthcare professionals promoted interdisciplinary care and continuous professional development. The assessment of patient profiles motivated the implementation of a diabetes-focused care line in 2024, aiming for comprehensive and multidisciplinary management of this common and challenging condition. **Conclusion:** Clinical care in endocrinology at a university center offers a robust platform for providing high-quality care, medical education, and advancing scientific knowledge, highlighting the importance of integrating medical care, teaching, and research in promoting endocrine health.

**Keywords:** endocrinology, clinical care, medical education

## EXPERIENCE REPORT

# Exploring the territory of public health: practical experiences

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## ABSTRACT

**Introduction:** Introducing medical students to Primary Health Care in the beginning of the course is essential for developing a comprehensive and humanized education. Primary Health Care serves as the gateway for users of the Unified Health System, making this early exposure crucial. **Objectives:** To describe the pedagogical experience of professors in the Medicine program at a private institution in Belo Horizonte, Minas Gerais, during dialogue circles with students about their integration into territories assigned to the Basic Health Units. **Methods:** This is a descriptive study of the experience report format, through dialogue circles conducted twice, in September 2023 and in April 2024, lasting 3 hours each. These meetings took place in the faculty's classroom, during the moment of partial evaluation of the discipline Practice in Public Health I. **Results:** In the initial session, 45 students and four teachers participated, while the subsequent session saw the attendance of 32 students and four teachers. The dialogue circles highlighted the reality of the social determinants of health in the health-disease process. Domiciliary visits were perceived as important, especially for those with difficulties in accessing Basic Health Units. Prevention and health promotion activities in places such as schools and daycare centers were considered potent strategies to achieve community benefits. Despite the differences between health units and municipalities, there was a consensus on the main health problems faced by users: hypertension, diabetes, dengue outbreak and a rise in mental disorders. **Conclusion:** The early integration of students into Primary Health Care seems to contribute to a greater awareness of the social determinants of health, emphasizes the importance of home visits and health promotion activities into local context. This experience enables students to understand the real needs of the population and development, an integrated and holistic approach to medical practice from the beginning of the course.

**Descriptors:** Primary Health Care; Public Health; Sociocultural Territory

## EXPERIENCE REPORT

# Critical appraisal of scientific literature: an experience report in formative assessment in epidemiology and biostatistics for preclinical medical students

*Análise crítica de artigo científico: um relato de experiência em avaliação formativa na disciplina de epidemiologia e bioestatística para estudantes do ciclo pré-clínico de medicina*

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## ABSTRACT

**Introduction:** Epidemiology and Biostatistics is an essential component of undergraduate medical education. Training medical students in critical reading, including scientific methods, critical thinking, and quantitative literacy, is crucial for evidence-based medical practice. **Objective:** Report teachers' experiences in implementing a formative assessment in Epidemiology and Biostatistics for preclinical undergraduate students at a private medical school in Belo Horizonte. **Methods:** In the first semester of 2024, three teachers implemented a formative assessment for four classes of the Epidemiology and Biostatistics course in the second period of the medical program. After 40 hours of teaching, covering key concepts of analytical epidemiology and statistical inference, the groups developed a formative activity involving the analysis of a health-related news article published up to 7 days before the presentation. Students formed groups of 3-5 members, with two randomly selected to lead the short presentation, which should not exceed 10 minutes. Teachers provided feedback. **Results:** All groups (N=297) presented the news article and the original research article, conducting a critical analysis of the strengths and weaknesses in conveying scientific knowledge to the general public. This formative assessment challenges students to apply their learning, which should be able to: 1) choose the health-related news article; 2) present the scientific article accurately, covering its epidemiology and biostatistics; 3) provide a coherent critical evaluation of the news article; 4) synthesize information; 5) show punctuality. It is noted that students feel more confident in interpreting tables considering the aspects of epidemiology and biostatistics. This can be attributed to students selecting the news article and working in small groups, which provides more individualized attention. **Conclusion:** Despite not considering formal student evaluations, we believe students value the activity as an opportunity to interpret and effectively communicate health information. This enhances their critical appraisal skills and further develops their information and quantitative literacy. **Descriptors:** Epidemiology and Biostatistics; Medical Education; Teaching; Learning; Educational Measurement.

## EXPERIENCE REPORT

# Introductory flashback experiences by students in immunology: innovative engagement strategies for effective learning

*Experiência de flashbacks introdutórios por discentes na disciplina de Imunologia: estratégias inovadoras de engajamento para aprendizado efetivo*

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## ABSTRACT

**Introduction:** Immunology is crucial in medical education, yet its complexity and the necessity for sequential comprehension present formidable challenges. Effective methodologies to optimize learning are therefore vital. **Objective:** To evaluate the impact of implementing an active learning strategy called “flashback” at the beginning of immunology classes to enhance content recall and student engagement to facilitate understanding of concepts. **Methods:** Implemented in the first semester of 2024 for third-year medical students, the “flashback” method involved dividing classes into eight groups. Following six introductory lessons, interactive presentations commenced in the seventh lesson and continued through the fourteenth. Each group was tasked with creatively revisiting the theme from the previous lesson to foster a collaborative environment. Assessment criteria included creativity, relevance to the theme, and engagement effectiveness. **Results:** The initiative significantly boosted student engagement. Notable was the active participation across even the most diverse classes. Most presentations were deemed creative, meeting the established criteria effectively. Primary challenges encountered included managing classroom dynamics, student relationship issues, and commitment to learning. While literature highlights engagement difficulties in large group settings, the presentation’s effectiveness resonated well with established educational strategies in medicine, aiding in the retention of complex concepts. Early class reviews helped instructors identify educational gaps and enhance comprehension of new material. **Conclusion:** Integrating student-driven flashbacks into the immunology curriculum has proven an effective strategy for improving engagement and understanding. This approach promoted integrated and sequential learning, crucial for mastering the discipline’s content.

**Keywords:** Medical Education, Teaching Methods, Student Engagement

## EXPERIENCE REPORT

# Stimulating collective sense and respect: experience report of medical students with children from a municipal school

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## ABSTRACT

**Introduction:** The execution of extension activities by medical students contributes to connecting students and society. Within this context, engaging in activities with children in vulnerable situations, stimulating harmonious social interaction, is important. **Objective:** To stimulate the development of collective sense and respect in children from a Municipal School through an extension practice. **Method:** The activity was conducted in March 2024, with first-year elementary school students from a Municipal School in Belo Horizonte, and was divided into three phases: creative, practical, and reflexive. In the creative phase, a shuttlecock was crafted using simple materials such as newspaper cutouts, plastic bags, crepe paper sheets, and ribbons. In the practical phase, children were encouraged to play shuttlecock in groups, with instructions not to let it fall. In the reflexive phase, children were placed in a circle and discussed aspects of teamwork, solidarity, and respect. **Results:** Thirteen children participated in the activity. It was observed during the activity that, for some children, the activity developed a sense of collectivity, teamwork, respect, and solidarity, both in the creative and practical phases. However, in some children, frustration and attempts to blame their peers were observed during the activity. This led to the need to reflect with the children in the third phase about the importance of socialization, teamwork, and respect for peers. **Conclusion:** The planning and execution of the extension activity allowed medical students to be faced with children from different realities, thoughts, and concepts, contributing to the formation of a more humanistic professional prepared to deal with diverse realities and social contexts in medical practice. **Descriptors:** Community Extension, Child, Social Vulnerability.

## EXPERIENCE REPORT

# Visual narratives: exploring student-patient interactions in outpatient care through photography

*Narrativas visuais: explorando as interações aluno-paciente no atendimento ambulatorial por meio da fotografia*

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## ABSTRACT

**Introduction:** Social media has become an extension of the personal and professional life of students and professional physicians, requiring respect and zeal for patient's privacy. In 2023, the CFM published a new decree that established criteria for avoiding self-promotion of healthcare professionals in social media. According to the decree, images, without exposition of pathologies and duly authorized, are valuable tools in spreading awareness, learning and healing. **Objective:** Access repercussions of photographs depicting moments in pediatric care in medical students. **Methods:** After signing free and informed consent terms, photos of students and pediatric patients were taken. In April 2024, a photographic collage was displayed in a pediatrics symposium focusing on the carefulness and care of students in physician-patient-family relationships. The effects of observing these pictures were accessed in participating and non-participating academics. **Results:** The imagens show tenderness and exchange of looks between students and patients in appointments, enabling, through visual anthropology, the retroactive study of physician-patient relationships by recreating events and the connection between the outer and inner world of participants. According to Mammi, the analysis of this material allows the reproduction of feelings, of shared history, raising awareness in patients and observers of these fotos. Although silent, imagens convey eloquently the mix of feeling in pediatric appointments and recreate a static poetic time in continuum, linking past and present. According to academics: "The photographs taken amidst appointments evoke the tenderness and care of the moment experienced by us. Far from professional advertisement, they serve as reminders of the art of pediatric practice and the importance of attending to a human being at the start of its journey, and of our role in enabling them in achieving their full potential". **Conclusion:** Sensibilization through imagens has shown to be effective, stimulating reflection about the art of a practice with quality and empathy.

**Descriptors:** Pediatrics, Photograph, Physician-Patient Relations

## EXPERIENCE REPORT

# Monitoring program for high-frequency users of primary care and neglected family care cases: an experience report by medical students

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## ABSTRACT

**Introduction:** The high demand of cases involving high-frequency users of primary care and neglected family care cases has been occupying a significant portion of the schedules of family health team professionals. Therefore, implementing an intervention project for these users becomes important, as it enhances the attention given to them, contributing to the improvement of the quality of care. **Objective:** Monitor high-frequency users and neglected family care cases linked to primary care. **Methods:** Initially, a meeting of medical students and health professionals from three family health teams from a Health Center located in the eastern region of Belo Horizonte. In these meetings, health professionals identified cases of high-frequency users and neglected family care cases. From this, users' medical records were evaluated. Subsequently, home visits were carried out by community health agents and the responsible teacher. During these visits, users and family members were welcomed with active listening to the current complaint. Vital signs data were checked and an exploratory physical examination was performed. After this assessment, a discussion was held together with the family health team to develop a Singular Therapeutic Project. This activity was carried out between September and November 2024. **Results:** Nine home visits were carried out for seven users. During these visits, several doubts of users or family members regarding health care were clarified. We can see users and their families feeling satisfied when receiving a home visit. **Conclusion:** It is believed that the strategy used was important, as it contributed to improving the quality of care offered to users and to enriching the training of medical students, as they established an integrated theoretical-practical relationship, helping to reduce the overload of the public health system and promoting social practice.

**Descritores:** Primary Health Care; House Calls; Health Centers.

## EXPERIENCE REPORT

# Urbanidades project: promoting health for all

*Projeto urbanidades: promoção de saúde para todos*

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## ABSTRACT

**Introduction:** The expansion of cities demonstrates that urban spaces represent an environment for the search for opportunities and different ways of life. In developing countries, however, this progress has not resulted in a health advantage for all residents. Even today, low-income urban populations live with a lack of basic sanitation and safe housing conditions, floods, lack of water, outbreaks of infectious diseases, among other health risks. **Objectives:** To reflect on the importance of health education actions in urban spaces in Belo Horizonte, by medical students. **Methods:** The actions developed are part of the Urbanidades project and were carried out in the second half of 2023, by medical undergraduate students in the third year of a private medical college in Belo Horizonte. People aged 18 years or older were approached by academics, in public spaces in the central-south region of the city, for a conversation on different topics, such as healthy eating, physical activity, smoking and prevention traffic accidents. **Results:** The health education actions allowed a collective construction of knowledge, associating technical knowledge on the part of academics and popular knowledge, brought by the people approached. Academics were able to improve their communication, argumentation, active listening and empathy skills. In turn, the population addressed had the opportunity to clarify their doubts and strengthen the autonomy of health care. **Conclusion:** Health extension actions are essential for humane, critical and reflective medical training. When these actions take place in collective urban spaces, the development of academics' skills is enhanced, since contact with different and more vulnerable life contexts allows them to understand the importance of the biopsychosocial health model, centered on the individual.

**Keywords:** Health Education; Urban Area; Social Skills; Medicine.

## EXPERIENCE REPORT

# Humanized care for victims of sexual violence in Belo Horizonte

*O atendimento humanizado à vítima de violência sexual em Belo Horizonte*

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## ABSTRACT

**Introduction:** Sexual violence has repercussions on the physical and mental health of both the victim and society. Comprehensive care for victims combined with police/judicial procedures, is critical to minimize the effects of this violence. **Objective:** This work aims to report the operation of Humanized Protocol for Victims of Sexual Violence (Protocolo de Atendimento à Vítima de Violência Sexual – PAVVS) in the city of Belo Horizonte. **Methods:** Victims of acute sexual violence (violence suffered less than 10 days ago) can seek immediate medical care at accredited hospitals, which operate 24 hours a day: Hospital das Clínicas da UFMG; Julia Kubitschek Hospital; Odete Valadares Maternity Hospital; Odilon Behrens Municipal Hospital; Risoleta Tolentino Neves Hospital. Care is gender/age specific depending on the hospital. The doctor on duty will carefully collect information about your history, and perform the physical examination in search of lesions that need treatment. The patient receives medication (when indicated) for the prophylaxis of sexually transmitted diseases, unwanted pregnancies and is also submitted to the collection of material/traces, (when indicated), to support a police investigation to materialize the crime and identify the aggressor. The expert report is prepared indirectly by the forensic medical professional that makes it available to police authorities. **Results:** The experience proved to be effective since it minimized the discomfort of the victim as interviewed, examined, and encouraged early collection and preservation of evidence. **Conclusion:** That way, PHAVVS contributes to increasing the number of notifications, ensuring humanized care, and minimizing physical and psychological consequences.

**Keywords:** Forensic Medicine; Sex Offenses; Humanization of Assistance

## EXPERIENCE REPORT

# Exploring robotic surgery simulation: a student perspective

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## ABSTRACT

**Introduction:** As medical education continues to evolve, the integration of innovative technologies becomes increasingly important. Robotic surgery simulation is one such technology that offers promising opportunities for medical students to enhance their surgical skills in a safe and controlled environment. This report aims to provide insights into the experience of medical students at Faculdade de Ciências Médicas de Minas Gerais (FCMMG) as they engage with robotic surgery simulation. **Objective:** The objective of this report is to document the firsthand experiences of medical students using robotic surgery simulators, highlighting the benefits and challenges encountered during the process. **Methods:** A group of medical students at FCMMG participated in a hands-on session with robotic surgery simulators under the supervision of experienced surgical educators. The session included introductory training on the use of robotic consoles and simulated surgical procedures. **Results:** The students expressed excitement and curiosity upon their initial encounter with robotic surgery simulation. As they progressed through the training session, they reported a gradual improvement in their ability to manipulate the robotic instruments and perform simulated surgical tasks. The immersive nature of the simulation provided a realistic experience, allowing students to develop a deeper understanding of surgical techniques and procedures. However, some challenges were noted, including the initial learning curve associated with operating the robotic console and adapting to the unique interface. **Conclusion:** Overall, the experience of using robotic surgery simulation was highly valuable for the medical students at FCMMG. It provided them with a practical and interactive learning opportunity to develop their surgical skills in a risk-free environment. As robotic-assisted surgery continues to gain prominence in the field of medicine, incorporating simulation training into medical education curriculum can effectively prepare future surgeons for the complexities of modern surgical practice.

**Keywords:** Robotic surgery, Simulation, Medical education, Surgical skills, Experiential learning.

## EXPERIENCE REPORT

# Exploring vascular endothelium in local vascular control: insights from organ bath experiments with isolated vessel (aorta of guinea pig) and implications for diabetes

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## ABSTRACT

**Introduction:** The vascular endothelium plays a crucial role in regulating vascular tone and local blood flow through the release of vasoactive substances. Dysfunction of the endothelium, as seen in conditions like diabetes, can lead to impaired vascular control and contribute to the pathogenesis of cardiovascular diseases. This report aims to discuss the importance of vascular endothelium in local vascular control, focusing on insights gained from organ bath experiments using isolated vessels (aorta of guinea pig), and its relevance to diabetes. **Objective:** The objective of this report is to highlight the significance of vascular endothelium in maintaining local vascular control and to explore its implications for diabetes. **Methods:** A group of medical students at Faculdade de Ciências Médicas de Minas Gerais (FCMMG) participated in organ bath experiments involving isolated vessel preparations, particularly the aorta of guinea pigs. The experiments aimed to investigate the role of endothelial function in modulating vascular tone and responsiveness to vasoactive agents. Various pharmacological interventions were employed to manipulate endothelial function and assess its impact on vascular reactivity. **Results:** The experiments demonstrated the pivotal role of vascular endothelium in regulating local vascular control. Endothelial dysfunction, induced through pharmacological agents or simulated conditions mimicking diabetes, resulted in impaired vasodilation and aberrant vascular responses. These findings underscored the importance of endothelial integrity for maintaining proper vascular function and highlighted the potential implications of endothelial dysfunction in the pathophysiology of diabetes-related vascular complications. **Conclusion:** In conclusion, the vascular endothelium plays a critical role in modulating local vascular control, and its dysfunction can have significant implications for vascular health, particularly in the context of diabetes. Understanding the mechanisms underlying endothelial dysfunction and its consequences on vascular function is essential for developing targeted therapeutic strategies to mitigate the risk of cardiovascular complications associated with diabetes.

**Keywords:** Vascular endothelium, Local vascular control, Diabetes, Organ bath experiments, Endothelial dysfunction.

## EXPERIENCE REPORT

# Understanding antibiotic resistance: strategies for future physicians in the antibiotic war

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## ABSTRACT

**Introduction:** Antibiotic resistance is a growing global health threat, posing significant challenges to the effectiveness of antimicrobial therapy. Understanding the mechanisms underlying microbial resistance to drugs is crucial for developing strategies to combat this issue. This report discusses the experience of medical students at Faculdade de Ciências Médicas de Minas Gerais (FCMMG) as they explored the mechanisms of antibiotic resistance and deliberated on strategies to address this pressing concern. **Objective:** The objective of this report is to document the experience of medical students in researching antibiotic resistance mechanisms and to propose strategies for future physicians to contribute effectively to the ongoing antibiotic war. **Methods:** Medical students at FCMMG were tasked with conducting a literature review on the mechanisms of antibiotic resistance, including genetic mutations, horizontal gene transfer, and biofilm formation. They also engaged in group discussions and seminars led by faculty members to analyze the implications of antibiotic resistance for clinical practice and public health. **Results:** Through their research and discussions, the students gained insights into the complex mechanisms by which microorganisms develop resistance to antibiotics. They identified key factors contributing to antibiotic resistance, such as overuse and misuse of antibiotics, inadequate infection control measures, and lack of new antimicrobial drug development. Additionally, the students explored potential strategies to combat antibiotic resistance, including antimicrobial stewardship programs, infection prevention and control practices, and the development of novel antimicrobial agents. **Conclusion:** The experience of researching antibiotic resistance mechanisms and discussing strategies for addressing this issue was invaluable for the medical students at FCMMG. It equipped them with knowledge and awareness of the challenges posed by antibiotic resistance and empowered them to become advocates for responsible antibiotic use and agents of change in the fight against antimicrobial resistance.

**Keywords:** Antibiotic resistance, Mechanisms, Strategies, Medical education, Public health.

## EXPERIENCE REPORT

# Navigating ethical barriers in scientific research: medical students' perspectives on the General Data Protection Law

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## ABSTRACT

**Introduction:** The enactment of the General Data Protection Law (LGPD) in Brazil has significant implications for scientific research, particularly in the field of medicine. Compliance with ethical standards and data privacy regulations is paramount to ensure the responsible conduct of research and protection of participants' rights. This report explores the experiences of medical students at Faculdade de Ciências Médicas de Minas Gerais (FCMMG) regarding ethical barriers posed by the LGPD in scientific research.

**Objective:** The objective of this report is to examine medical students' perspectives on the challenges and ethical considerations associated with the implementation of the LGPD in scientific research, particularly in the context of data collection, storage, and dissemination. **Methods:** Medical students at FCMMG engaged in discussions and workshops facilitated by faculty members to explore the ethical implications of the LGPD in scientific research. They also conducted a review of relevant literature and case studies to understand real-world applications of the LGPD in medical research settings. **Results:** Through their engagement with the topic, medical students identified several ethical barriers and challenges posed by the LGPD in scientific research. These included concerns regarding obtaining informed consent, ensuring data anonymization and confidentiality, and navigating the complexities of data sharing and collaboration while adhering to data protection regulations. The students also recognized the importance of adopting robust data management practices and implementing ethical frameworks to safeguard the rights and privacy of research participants. **Conclusion:** The experience of grappling with the ethical implications of the LGPD in scientific research provided valuable insights for medical students at FCMMG. It highlighted the importance of ethical considerations in the research process and underscored the need for ongoing education and training in research ethics and data protection. Moving forward, medical students are well-positioned to advocate for responsible research practices and contribute to the development of ethical guidelines that uphold both scientific rigor and participant rights in the era of data protection regulations.

**Keywords:** General Data Protection Law, LGPD, Ethical barriers, Scientific research, Medical students.

## EXPERIENCE REPORT

# Enhancing medical education through simulated courtroom trials: a case of medical error judgment

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## ABSTRACT

**Introduction:** Medical errors are a significant concern in healthcare, and understanding their legal and ethical implications is crucial for future healthcare professionals. Simulated courtroom trials provide a unique opportunity for medical students to engage in experiential learning and develop critical thinking skills in assessing medical negligence cases. This report explores the experiences of medical students at Faculdade de Ciências Médicas de Minas Gerais (FCMMG) participating in a simulated courtroom trial to adjudicate a medical error case. **Objective:** The objective of this report is to examine how participation in a simulated courtroom trial contributes to the professional development of medical students, particularly in understanding the legal and ethical dimensions of medical practice and patient care. **Methods:** Medical students at FCMMG were divided into groups and assigned roles as plaintiffs, defendants, expert witnesses, and jurors in a simulated courtroom trial involving a medical error case. Faculty members facilitated the trial proceedings and provided guidance on legal and ethical considerations throughout the simulation. Following the trial, students engaged in reflective discussions and debriefing sessions to analyze the case and their roles in the trial. **Results:** Participation in the simulated courtroom trial provided medical students with a comprehensive understanding of the complexities involved in adjudicating medical error cases. They gained insights into legal principles, such as standard of care, duty of care, and causation, as well as ethical considerations, including patient autonomy, beneficence, and non-maleficence. Furthermore, students developed critical thinking and communication skills as they presented arguments, cross-examined witnesses, and deliberated with their peers. **Conclusion:** The experience of participating in a simulated courtroom trial proved to be invaluable for the professional development of medical students at FCMMG. It provided them with a realistic and immersive learning experience, enabling them to apply legal and ethical principles to real-world scenarios and enhance their decision-making abilities in clinical practice. Moving forward, integrating simulated courtroom trials into medical education curricula can further enrich the learning experience and better prepare future healthcare professionals to navigate the legal and ethical complexities of medical practice.

**Keywords:** Simulated courtroom trial, Medical error, Professional development, Legal and ethical considerations, Medical education.

## EXPERIENCE REPORT

# Participation in acute appendicitis surgery: from diagnosis to surgical treatment

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## ABSTRACT

**Introduction:** Participating in a surgery for acute appendicitis, from diagnosis to surgical treatment, provided me with invaluable insights into the management of this common surgical emergency. This experience allowed me to apply theoretical knowledge in a practical setting and witness firsthand the importance of timely diagnosis and intervention in surgical conditions. **Methods:** The opportunity to participate in the surgery arose during my surgical rotation at a hospital, where I had the chance to assist the surgical team in various procedures. Upon encountering a case of acute appendicitis, I actively participated in the preoperative evaluation, surgical intervention, and postoperative care under the guidance of experienced surgeons. **Results:** During the surgery, I observed the typical presentation of acute appendicitis, including right lower quadrant abdominal pain, rebound tenderness, and guarding. The inflamed and edematous appendix was visualized intraoperatively, confirming the diagnosis. As part of the surgical team, I assisted in the removal of the appendix, closure of the surgical site, and postoperative monitoring of the patient. **Conclusion:** Participating in this acute appendicitis surgery was a transformative experience that significantly contributed to my professional development as a future healthcare provider. It enhanced my understanding of surgical principles, patient management, and teamwork in the operating room. This firsthand exposure to surgical procedures will undoubtedly shape my approach to patient care and decision-making in the future.

**Keywords:** Acute Appendicitis, Surgery, Professional Development, Surgical Experience.

## EXPERIENCE REPORT

# Observing cardiac surgery: experience in myocardial revascularization surgery and its influence on specialty choice

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## ABSTRACT

**Introduction:** Observing cardiac surgery, particularly myocardial revascularization surgery, provides medical students with valuable insights into the intricacies of cardiovascular medicine and surgical procedures. This experience often plays a significant role in shaping students' decisions regarding their future medical specialties. **Methods:** Medical students were given the opportunity to observe a myocardial revascularization surgery in a hospital affiliated with our medical school. During the observation, students were able to witness the surgical procedure firsthand, ask questions, and interact with the surgical team. **Results:** The experience of observing myocardial revascularization surgery provided students with a deeper understanding of cardiovascular anatomy, pathophysiology, and surgical techniques. Many students found the experience to be enlightening and inspiring, leading them to consider pursuing careers in cardiovascular surgery or related specialties. **Conclusion:** Observing cardiac surgery, such as myocardial revascularization surgery, can have a profound impact on medical students' career decisions. By witnessing complex surgical procedures and interacting with experienced surgeons, students gain valuable insights that may influence their choice of medical specialty. This hands-on experience fosters interest and passion in cardiovascular medicine and surgery, shaping the future of healthcare professionals in this field.

**Keywords:** cardiac surgery, myocardial revascularization, medical specialty, career choice, medical education.

## EXPERIENCE REPORT

# Bariatric surgery: role of the medical team in preoperative and postoperative care

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## ABSTRACT

**Introduction:** Bariatric surgery plays a crucial role in the treatment of obesity and related comorbidities. The comprehensive care provided by the medical team in both the preoperative and postoperative phases significantly influences the success of the surgery and the well-being of the patients. **Methods:** Medical students had the opportunity to observe and actively participate in the care of patients undergoing bariatric surgery. They were involved in the preoperative assessment, surgical procedures, and postoperative management under the supervision of experienced healthcare professionals. **Results:** The experience in bariatric surgery provided students with insights into the multidisciplinary approach required for the successful management of obesity. They learned about the various surgical techniques, patient selection criteria, and the importance of long-term follow-up in achieving optimal outcomes. **Conclusion:** Participating in the care of patients undergoing bariatric surgery allowed students to appreciate the complexities involved in the treatment of obesity. They gained valuable knowledge about the role of the medical team in providing comprehensive care throughout the surgical journey, from preoperative evaluation to long-term follow-up. This experience may influence their future career choices and instill in them a deeper understanding of the challenges and rewards of managing obesity-related conditions.

**Keywords:** bariatric surgery, obesity, preoperative care, postoperative care, medical team.

## EXPERIENCE REPORT

# Challenges of orthopedic surgery: fracture reduction and internal fixation in an elderly diabetic patient with chronic kidney disease

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## ABSTRACT

**Introduction:** Orthopedic surgery in elderly patients with comorbidities such as diabetes and chronic kidney disease presents unique challenges due to the increased risk of complications and slower healing process. This experience report aims to discuss the challenges encountered during orthopedic surgery involving fracture reduction and internal fixation in an elderly diabetic patient with chronic kidney disease.

**Methods:** Medical students participated in the observation and assistance of orthopedic surgeons during a surgical procedure involving fracture reduction and internal fixation in an elderly patient with diabetes and chronic kidney disease. They assisted in preoperative assessment, surgical techniques, and postoperative care under the supervision of experienced orthopedic surgeons.

**Results:** The experience highlighted several challenges, including the management of perioperative glycemic control, the risk of delayed wound healing and infection due to compromised renal function, and the selection of appropriate fixation devices considering the patient's age and comorbidities. Additionally, the students gained insights into the importance of multidisciplinary collaboration in managing complex cases involving elderly patients with multiple comorbidities.

**Conclusion:** Participating in orthopedic surgery in elderly diabetic patients with chronic kidney disease provided students with valuable insights into the complexities of managing such cases. It emphasized the importance of comprehensive preoperative assessment, meticulous surgical technique, and close postoperative monitoring to optimize outcomes in this patient population.

**Keywords:** orthopedic surgery, fracture reduction, internal fixation, elderly patients, diabetes, chronic kidney disease, multidisciplinary care.

## EXPERIENCE REPORT

# Experience in reconstructive plastic surgery: cases of post-trauma reconstruction

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## ABSTRACT

**Introduction:** In reconstructive plastic surgery, post-trauma cases present unique challenges and opportunities to improve patients' quality of life and self-esteem. This experience report aims to explore the significance of such procedures in restoring both physical appearance and psychological well-being. **Methods:** Our experience involved observing and assisting in reconstructive surgeries following traumatic injuries. We closely followed the pre-operative evaluation, surgical techniques employed, and post-operative care provided to patients undergoing these procedures. **Results:** Through our participation in reconstructive surgeries, we witnessed the transformative impact of these procedures on patients' lives. Beyond physical restoration, these surgeries played a crucial role in enhancing patients' self-confidence and overall quality of life. **Conclusion:** The experience in reconstructive plastic surgery post-trauma cases underscores the importance of multidisciplinary approaches to patient care. By addressing both the physical and psychological aspects of trauma, these procedures significantly contribute to patients' well-being and recovery. **Keywords:** Reconstructive plastic surgery, post-trauma reconstruction, patient quality of life, self-esteem.

## EXPERIENCE REPORT

# Inguinal hernia approach in obese patients: complication factors in the postoperative period

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## ABSTRACT

**Introduction:** Inguinal hernia repair is a common surgical procedure, but its management in obese patients presents unique challenges and potential complications in the postoperative period. This experience report aims to explore the factors contributing to complications in the postoperative care of obese patients undergoing inguinal hernia repair. **Methods:** Our experience involved observing and assisting in the preoperative evaluation, surgical intervention, and postoperative care of obese patients undergoing inguinal hernia repair. We closely monitored the patients' progress and noted any complications that arose during the postoperative period. **Results:** Through our experience, we identified several factors that contribute to complications in the postoperative period of inguinal hernia repair in obese patients. These factors include increased risk of wound infection, delayed wound healing, and higher rates of recurrence due to increased intra-abdominal pressure. **Conclusion:** The management of inguinal hernia in obese patients requires careful consideration of the unique challenges and potential complications they may face in the postoperative period. Adequate preoperative evaluation, meticulous surgical technique, and close postoperative monitoring are essential to minimize complications and ensure optimal outcomes in this patient population.

**Keywords:** Inguinal hernia, obesity, postoperative complications, surgical management.

## EXPERIENCE REPORT

# Observation of nerve decompression procedures

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## ABSTRACT

**Introduction:** Observing nerve decompression procedures provides valuable insights into the diagnosis and treatment of various nerve-related conditions. This experience report focuses on a case where multiple bony lesions suggestive of secondary neoplastic involvement were identified during the procedure.

**Methods:** Our experience involved observing nerve decompression procedures performed on patients presenting with symptoms of nerve compression. In this particular case, the procedure revealed multiple mixed bony lesions, raising suspicion of secondary neoplastic involvement.

**Results:** The observation of nerve decompression procedures in this case provided crucial diagnostic information, leading to the identification of multiple bony lesions consistent with secondary neoplastic involvement. Subsequent targeted radiotherapy sessions aimed at the lesion in the S1 region successfully resolved the patient's pain.

**Conclusion:** Observing nerve decompression procedures offers valuable learning opportunities for medical students, allowing them to understand the diagnostic process and therapeutic interventions for nerve-related conditions. In cases where neoplastic involvement is suspected, prompt diagnosis and targeted treatment can lead to successful pain resolution and improved patient outcomes.

**Keywords:** Nerve decompression, neoplastic lesions, diagnostic imaging, radiotherapy.

## EXPERIENCE REPORT

# Prostate cancer: surgical intervention analysis

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## ABSTRACT

**Introduction:** Prostate cancer is a significant health concern worldwide, and its management often involves a multidisciplinary approach. This experience report focuses on the diagnosis and subsequent surgical intervention in a case of prostate cancer with metastasis and urinary tract involvement. **Methods:** The methodology involved a detailed analysis of the patient's medical history, imaging studies, and diagnostic tests to determine the extent and severity of the prostate cancer. Subsequently, a surgical intervention plan was formulated considering the patient's clinical condition and disease stage. **Results:** The analysis revealed a high probability of clinically significant prostatic neoplasia, characterized by infiltrative expansive lesions involving both peripheral and transition zones bilaterally. The lesions showed signs of extraprostatic extension, invading the seminal vesicles and ureteral orifices, with a PI-RADS 5 index. Additionally, diffuse secondary bone lesions were observed in the pelvis, along with rounded and heterogeneous lymph nodes at the right iliac bifurcation. Treatment commenced with chemotherapy, followed by abiraterone, targeting androgen production inhibition. Subsequent radiotherapy effectively controlled femur pain. **Conclusion:** The surgical intervention provided valuable insights into the management of advanced prostate cancer with metastasis and urinary tract involvement. Despite initial treatment success, the emergence of urinary symptoms and the identification of bladder lesions necessitated further intervention, highlighting the complexity and challenges in managing advanced prostate cancer cases.

**Keywords:** Prostate cancer, surgical intervention, metastasis, urinary tract involvement, multidisciplinary approach.

## EXPERIENCE REPORT

# A challenging case of asthma diagnosis in a 34-year-old female

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## ABSTRACT

**Introduction:** Asthma is a common chronic respiratory condition characterized by episodes of airflow obstruction and bronchial hyperresponsiveness. Despite its prevalence, diagnosing and managing asthma can be challenging, especially in cases complicated by comorbid conditions. This report presents the case of J.M., a 34-year-old female with difficult-to-control asthma, and discusses the interdisciplinary approach taken to achieve a successful outcome. **Methods:** A comprehensive evaluation was conducted, including a detailed patient history, physical examination, and various diagnostic tests. Initial treatments were prescribed based on standard asthma management guidelines, followed by further investigations to identify and address potential comorbidities. **Results:** JM. presented with persistent dry cough, dyspnea, and chest tightness, with symptoms exacerbating at night and during physical activities. Initial spirometry showed near-normal values, and a bronchial provocation test with methacholine confirmed bronchial hyperresponsiveness. Despite initial treatment with inhaled corticosteroids and long-acting bronchodilators, her symptoms persisted. Additional investigations, including high-resolution computed tomography and pH monitoring, revealed bronchiectasis and moderate gastroesophageal reflux, respectively. A diagnosis of difficult-to-control asthma associated with gastroesophageal and laryngopharyngeal reflux was made. **Conclusion:** Following an interdisciplinary approach that included increasing inhaled corticosteroid dosage, introducing antileukotriene agents, and managing gastroesophageal reflux with proton pump inhibitors and lifestyle modifications, Joana's symptoms significantly improved. This case underscores the importance of considering comorbid conditions in asthma management and the effectiveness of a multidisciplinary treatment strategy.

**Keywords:** Asthma, Difficult-to-Control, Diagnosis, Interdisciplinary Approach, Gastroesophageal Reflux

## EXPERIENCE REPORT

# Impact of mobility and urinary incontinence on functional capacity

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## ABSTRACT

**Introduction:** Female urinary incontinence is a prevalent condition that can significantly affect the quality of life and functional capacity of patients. This report discusses the case of M.A., a 58-year-old administrative assistant, who presented with mixed urinary incontinence and highlights the importance of basic pharmacological knowledge and a multidisciplinary approach in managing the condition. **Objective:** To reflect on the necessity of basic pharmacology knowledge and the importance of a multidisciplinary approach in the treatment of female urinary incontinence, emphasizing pharmacological interactions and their impact on patient mobility and functional capacity. **Methods:** The patient was evaluated through detailed history-taking, physical examination, and complementary tests. Initial and subsequent treatments were discussed and implemented by a multidisciplinary team, including physicians, physiotherapists, and occupational therapists. The influence of pharmacological and dietary interactions was also considered. **Results:** M.A. experienced involuntary urine loss when coughing, sneezing, laughing, and lifting weights, as well as frequent urgency episodes. After three months of conservative treatment with Kegel exercises, habit modification, and antimuscarinic medications, she reported only slight improvement. Pharmacological interactions, such as the concurrent use of central nervous system-affecting medications and protein-rich diets, were identified as complicating factors. **Conclusion:** M.A.'s case illustrates the complexity of managing female urinary incontinence and the importance of basic pharmacological knowledge, especially concerning drug and food interactions. The multidisciplinary approach, including therapeutic adjustments and behavioral interventions, was essential to improving the patient's functional capacity and quality of life.

**Keywords:** Urinary Incontinence, Functional Capacity, Pharmacology, Drug Interaction, Multidisciplinary Approach, Medical Education

## EXPERIENCE REPORT

# Initial treatment of Parkinson's disease with levodopa: a case of insufficient response

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## ABSTRACT

**Introduction:** Parkinson's disease is a progressive neurodegenerative disorder primarily characterized by motor symptoms. This report discusses the case of J.P., a 62-year-old civil engineer, who showed an insufficient response to initial treatment with levodopa. This case highlights the importance of understanding basic pharmacology, especially regarding drug-food interactions, and underscores the educational value for medical students. **Objective:** To describe a case of Parkinson's disease with an insufficient response to initial treatment with levodopa, reflecting on the possibility of interaction between levodopa and the patient's protein-rich diet, as he reported not taking the medication on an empty stomach. Additionally, to emphasize the importance of an interdisciplinary approach in the effective diagnosis and treatment of the condition, highlighting the need for basic pharmacology knowledge for medical students. **Methods:** A detailed patient evaluation was conducted, including clinical history, physical examination, and comprehensive diagnostic tests. Initial and subsequent treatments were assessed with the contribution of a multidisciplinary team, including neurologists and therapists. Students participated in case discussions to understand the complexities of managing Parkinson's disease and the variability in treatment response, considering pharmacological and dietary interactions. **Results:** JP. experienced minimal improvement in motor symptoms with initial levodopa treatment. He reported taking the medication with protein-rich meals, which could have competed for levodopa absorption at the central nervous system level. After this was identified, the administration regimen of levodopa was adjusted, recommending taking it on an empty stomach or away from protein meals. However, the response remained insufficient, leading to the introduction of pramipexole, combined with physical and occupational therapy, resulting in gradual improvement in symptoms and quality of life. **Conclusion:** J.P.'s case underscores the need for a personalized and multidisciplinary approach in managing Parkinson's disease, especially when initial treatments are ineffective. The interaction between levodopa and a protein-rich diet highlights the importance of basic pharmacology knowledge and drug-food interactions in clinical practice. This case provides valuable educational insights for medical students, emphasizing the need for continuous evaluation and adjustment of treatment strategies to optimize patient outcomes.

**Keywords:** Parkinson's Disease, Levodopa, Insufficient Response, Multidisciplinary Approach, Basic Pharmacology, Drug-Food Interaction, Medical Education

## EXPERIENCE REPORT

# Emergency simulation: management of acute myocardial infarction

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## ABSTRACT

**Introduction:** Emergency simulation is a crucial educational tool for training medical students, allowing the practice of critical skills in a controlled environment. This report describes a simulation scenario of an acute myocardial infarction (AMI) and reflects on the importance of this methodology in developing clinical competencies and effectively managing emergency situations. **Objective:** To describe a simulation scenario of an acute myocardial infarction and highlight the importance of this methodology in training medical students to enhance clinical skills, decision-making abilities, and teamwork. **Methods:** A high-fidelity mannequin was used to simulate a patient with AMI in a realistic simulation lab. Students were divided into groups and instructed to manage the case from the patient's arrival at the emergency department to initial stabilization. The scenario included initial assessment, electrocardiogram (ECG) performance, medication administration, and communication with the multidisciplinary team. A debriefing session followed the simulation to discuss the actions taken, identify areas for improvement, and reinforce theoretical concepts. **Results:** Students demonstrated proficiency in performing initial maneuvers and recognizing STEMI. They correctly identified the need for immediate coronary intervention and effectively coordinated therapeutic actions and communication with the cardiology team. **Conclusion:** Emergency simulation is an essential tool in training medical students, allowing the practical application of theoretical knowledge in a safe environment. This AMI simulation case demonstrated the effectiveness of this methodology in developing critical clinical skills, improving decision-making abilities, and strengthening teamwork. Post-simulation reflections reinforced the importance of continuous learning and repeated practice for the effective management of medical emergencies.

**Keywords:** Emergency Simulation, Acute Myocardial Infarction, Medical Education, Clinical Training, Practical Skills, Decision Making

## EXPERIENCE REPORT

# High-fidelity training and student experiences in emergency services visits: a reflection on healthcare team communication

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## ABSTRACT

**Introduction:** The integration of high-fidelity simulation training and practical visits to emergency services is crucial in medical education. This report reflects on the experiences of medical students during these activities, focusing on their insights into team communication within emergency settings. **Methods:** The study involved third-year medical students from Faculdade de Ciências Médicas de Minas Gerais. They participated in high-fidelity simulation sessions followed by visits to local emergency departments. Data was collected through reflective essays and focus group discussions. **Results:** Students reported a significant increase in understanding the dynamics of team communication. The high-fidelity simulations provided a safe environment to practice and make mistakes, while the real-life emergency visits highlighted the importance of clear, concise communication under pressure. Students emphasized the role of effective communication in improving patient outcomes and reducing errors. **Conclusion:** Combining high-fidelity simulation with real-world experience enriches medical education. These experiences highlight the importance of team communication in emergency settings and prepare students for their future roles as healthcare professionals.

**Keywords:** High-fidelity training, emergency services, medical education, team communication, student experiences

## EXPERIENCE REPORT

# Exploring the challenges in manipulating open data in public health

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## ABSTRACT

**Introduction:** The use of open data, such as that provided by DATASUS, is essential for understanding the social determinants of health and developing efficient strategies within the Unified Health System (SUS). This data provides valuable information on the health situation of the population, allowing the identification of needs, planning of actions, and evaluation of public policies. However, the manipulation of this data represents an important challenge for medical students in training. **Objective:** This descriptive experience report study aims to describe the observations of the Statistician from the research and extension sector of a private institution in Belo Horizonte, Minas Gerais, during activities with students on the use of open data in public health. **Methods:** The Statistician accompanied the activities of more than 80 medical students between 2022 and 2024, observing their difficulties in searching, accessing, and manipulating DATASUS data. **Results:** Many students reported feeling lost in the face of the complexity of health information systems and lack of familiarity with data analysis tools. In addition, the heterogeneity of formats and the outdated nature of some databases made it difficult to obtain relevant information to understand local health problems. Despite this, the students recognized the importance of this data for identifying health needs, planning actions, and evaluating public policies. There was a consensus on the need for greater training during undergraduate studies, with an emphasis on skills in searching, extracting, cleaning, and analyzing health data. **Conclusion:** The manipulation of open data in public health represents an important challenge for medical students. Pedagogical strategies that promote the development of these competencies from the initial training, with the participation of specialized professionals, are essential to empower future physicians to effectively use health information within the scope of the SUS. **Descriptors:** Descriptive Statistics, Big data, open data, DATASUS.

## EXPERIENCE REPORT

# The statistician's perspective: leveraging data analysis in medical research

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## ABSTRACT

**Introduction:** As a statistician working in the field of medical research, I have had the privilege of collaborating with clinicians and researchers on a wide range of projects. My role has been to leverage the power of data analysis to reveal meaningful insights that can inform clinical decision-making and drive advancements in the healthcare field. **Objectives:** One of the key advantages I was able to bring to the table was the ability to rapidly process and analyze large, complex datasets. With the explosion of “big data” in the medical domain, clinicians often felt overwhelmed by the volume and diversity of information available. By applying sophisticated statistical techniques and computational tools, I was able to help them extract patterns, identify risk factors, and make data-driven predictions that would have been nearly impossible for inexperienced analysts. **Methods:** For example, in a study on the early detection of cervical cancer, I used sensitivity and specificity analysis to construct an ROC curve and determine the area under the glucose curve that would indicate a positive diagnosis for diabetes. By applying these advanced data analysis techniques, I was able to identify biomarkers and clinical characteristics that could signal the early development of this disease. This allowed the medical team to develop more effective screening protocols and initiate therapeutic interventions at an earlier stage, significantly improving patient outcomes.

**Results:** Collaboration with the medical team was crucial to the success of these initiatives. I worked closely with clinicians to understand the nuances of their field, the limitations of their data, and the practical realities they faced. This allowed me to tailor my analyses to their specific needs and ensure that the insights I provided were actionable and meaningful. **Conclusion:** Ultimately, my role as a statistician in the medical field was to be a catalyst for discovery, a bridge between data and decision-making. By leveraging the power of data analysis, I was able to empower clinicians, researchers, and healthcare administrators to make more informed, evidence-based decisions that could truly transform patient outcomes and the delivery of healthcare. Through my work, I hope to have contributed to the advancement of medical research and the improvement of human health, one analysis at a time.

**Descriptors:** Bioestatistics, Statistical Methods, Analysis Tool

## EXPERIENCE REPORT

# The impact of cultural change on surgical infection prevention: an experience report

*A influência da mudança cultural na prevenção de infecções cirúrgicas: um relato de experiência*

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## ABSTRACT

**Introduction:** Historically, the hospital culture focused primarily on medical responsibility and the surgical act, emphasizing the patient's condition. This study aimed to investigate the processes involved in pre-operative preparation and post-operative care, the quality of surgical block processes, material preparation, and routines, with the objective of reducing surgery-related infections and fostering a cultural shift towards collective responsibility in patient care. **Objectives:** To reduce surgical site infections and promote a cultural change emphasizing collective ownership of patient care among all hospital staff. **Methods:** A retrospective, detailed investigation of infection cases was conducted, utilizing data from medical records, routine logs, and interviews with physicians. Process weaknesses and risks were identified, and action plans were developed in collaboration with surgeons, the Hospital Infection Control Committee (CCIH), infectious disease specialists, nursing staff, and physiotherapists. On-site training sessions and process changes were implemented to address identified issues. **Results:** Active participation of collaborators in all stages of care was crucial for identifying weaknesses and fostering a sense of shared responsibility. This approach resulted in effective absorption of training information and the establishment of a culture of ownership regarding contributions to the healthcare value chain. There was a significant reduction in infection rates and improvement in the quality of patient care. **Conclusion:** The cultural shift promoted by investigating and intervening in surgical processes demonstrated that shared responsibility and multidisciplinary collaboration are essential for preventing infections and improving patient care. This model can be adapted and applied to other healthcare institutions seeking similar outcomes.

**Keywords:** Infection prevention; Surgical culture; Pre-operative care; Post-operative care; Quality improvement.

## EXPERIENCE REPORT

# Challenges and opportunities: the experience of an orthopaedic surgeon as a medical teacher at a professional football club

*Desafios e oportunidades: a experiência de um ortopedista como professor de medicina em um clube de futebol profissional*

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## ABSTRACT

**Introduction:** The experience of an orthopaedic surgeon teaching medical students at a major professional football club presents unique challenges and opportunities. This report seeks to explore this experience, highlighting the unique aspects of this environment and its implications for medical practice and academic training. **Objectives:** This report aims to share the reflections and insights of an orthopaedic surgeon who teaches medicine at a professional football club, discussing the challenges faced and the opportunities provided by this unique experience. **Methods:** The methodology involved theoretical classes and clinical supervisions for 14 medical students from the 8th to 11th terms, in the context of the football club, over a 2-year period (from February 2022 to February 2024), with 5 weekly meetings. The most common orthopaedic injuries among football players were covered, while the clinical supervisions allowed direct observation and participation in the assessment, diagnosis and treatment of these injuries within the health department of this club. **Results:** The experience revealed the complexity and diversity of orthopaedic injuries in the context of professional football, as well as the unique challenges faced by healthcare professionals in this environment. However, it also highlighted the opportunities for learning and professional growth provided by direct interaction with elite athletes and multidisciplinary teams. **Conclusion:** Working as a medical teacher at a professional football club is a complex but enriching and challenging experience for an orthopaedic surgeon. This experience offers a unique perspective on sports-related orthopaedic injuries and makes a significant contribution to academic training and the care of elite athletes. **Keywords:** Orthopedics; Academic Medical Centers; elite athletes.

## EXPERIENCE REPORT

# A first-year medical student's experience and perceived changes in the course, compared to her father's and grandfather's accounts as doctors

*A experiência de uma estudante de medicina do primeiro ano e as mudanças no curso percebidas por ela em comparação com os relatos de seu pai e de seu avô médicos*

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## ABSTRACT

**Introduction:** As daughter and granddaughter of doctors, Carollina heard a lot about how medical school used to be, and now, as a first-year medical student, she realizes how it has undergone various modifications. Among them, there is the ease of accessing content from different sources due to technological advances and the learning of clinical techniques such as blood collection and medication administration since the beginning of the course. **Objectives:** This summary aims to report the experience of a first-year medical student and compare her experience to her father's and grandfather's, both of whom are doctors and studied medicine in 1989 and 1968, respectively. **Methods:** The report was based on the experience of a first-year medical student during her first three months of classes. To gain a comparative overview of the course, she consulted her father and her grandfather and heard their accounts about what the medical course was like. **Results:** Through their notes, it was possible to observe that technology has facilitated the acquisition of knowledge from various sources, such as books and scientific articles, as these are widely accessible on the internet. From this, it's clear that, nowadays, students can learn from different authors and, subsequently, have contact with many points of view. Moreover, they can practice techniques (like performing an intravenous access or collecting blood) in simulators available at the university. Therefore, not only do they start training earlier, but they also mitigate the risk of contaminating and harming real patients. This reality was not possible for her older relatives, which resulted in their delayed learning of those procedures. **Conclusion:** As evidenced by the comparison between a medical student nowadays and in the past decades, it is evident that technology has had a significant impact on enabling students to rapidly and effectively obtain information. Additionally the integration with simulators enhanced their clinical skills.

**Keywords:** Medical School; Technological Development;

## EXPERIENCE REPORT

# The relevance of proper management of open fracture and fracture related infection: an experience report

*A relevância do manejo adequado de fratura exposta e fratura relacionada a infecção: um relato de experiência*

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## ABSTRACT

**Introduction:** An open fracture is one in which there is communication between its focus and the external environment contaminated with germs. It is a very prevalent condition and has high rates of associated infections. Conducting this timely orthopedic emergency, up until surgery, is essential for a better patient prognosis, but during medical school, exposure to orthopedics is limited, which makes learning this area difficult. **Objectives:** To report the experience of medical students studying primary disciplines in open fracture and prevention of secondary infections. **Methods:** 4th year medical students participated in a lecture on the conduct and management of open fractures and consequences, such as secondary infection, taught by orthopedic transport. **Results:** The class consisted of the presentation of a clinical case, with active participation of students in the way they believed to be the appropriate management of the situation, with alignment from the orthopedist on the correct management of the case. It was discussed how to receive this patient, important questions to evaluate and examine him, Gustilo and Anderson's fracture classification criteria, first steps to avoid complicated infections and how to immobilize a fracture. **Conclusion:** the discussion of the clinical case was enriching and provoked the students to build a structured calculation based on basic aspects of clinical practice, such as a good anamnesis and physical examination, and to conduct thinking about orthopedic aspects that are fundamental for the patient's good prognosis. Therefore, expanding the approach to orthopedics in medical graduation is essential for the good training of a generalist.

**Keywords:** Orthopedics; open fracture, fracture related infection.

## EXPERIENCE REPORT

# Relevance of the orthopedics outpatient clinic in medical education: an experience report

*Relevância do ambulatório de ortopedia na formação médica: um relato de experiência*

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## ABSTRACT

**Introduction:** Throughout medical school, exposure to orthopedics is often limited, resulting in a lack of learning opportunities in this field, which encompasses a variety of clinical conditions such as traumas and fractures commonly encountered in emergency departments and outpatient clinics. Consequently, student participation in orthopedic clinics plays a crucial role in broadening their medical education to better address the needs of the population. **Objectives:** This study aims to report the experience of a medical student in an orthopedic outpatient facility. **Methods:** The intervention was conducted by a 4th-year medical student under the supervision of an orthopedic surgeon at a University Hospital. Weekly meetings were held over the course of four weeks for following outpatient appointments, surgical procedures, a splinting workshop and development of orthopedic educational material. **Results:** The consultations enabled the experience of conducting anamnesis and propaedeutic investigation to diagnose clinical conditions, along with determining the necessary therapy, including indications for splinting, surgical procedures, and medications. Additionally, the surgeries were essential for refining operative technique and in situ anatomical knowledge. Moreover, the development of a handbook, in conjunction with the preceptor, demanded theoretical study of biomechanics, pathology, orthopedic anatomy, as well as surgical and scientific writing techniques. Consequently, this experience played a unique role in expanding both theoretical and practical knowledge, by study consolidation and fostering the development of orthopedic skills. **Conclusion:** The living of the outpatient clinic medical practice and the traditionally allocated study hours, gathered, are key to development of orthopedics knowledge and skills. Therefore, this fact reinforces the need for a more hands-on approach in medical education.

**Keywords:** Orthopedics; Academic Medical Centers; Academic Performances.

## EXPERIENCE REPORT

# Teaching psychiatry through cinema

### *Ensinando Psiquiatria através do cinema*

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## ABSTRACT

**Introduction:** New methodologies of teaching Psychiatry for medical students are necessary and cinema can be a powerful tool considering the insight about mental diseases and psychiatry that some films can provoke in their audience. In fact, since the early times cinema have depicted all psychiatric conditions like suicide behavior, depression, bipolar disorders and substance use. Although sometimes such portrayals may not always be perfect, they may nevertheless be good enough for us to understand and analyze some aspect of the disorder. **Objective:** This work aims to report a practice of teaching psychiatry associated with cinema for medical scholars. **Method:** This experience took place for the third-year medical students from the Faculdade de Ciências Médicas de Minas Gerais. Students are invited to see two different films, previously chose by the professor, related to each psychiatric disorder. A group of this students present their thoughts and reflections about the film and the related psychiatric disorder. It usually starts with a short introduction to the film and how it is important to understand the condition that is portrayed in the film, always under the professor supervision. **Results:** The experience is highly successful since students are extremely interested by the activity. We concluded that films can be used to point out various aspects of psychiatric conditions and patients. Through films, students can learn some delicate intricacies of the personal and social aspects of psychiatric patients, and understand patient perspectives in a better way. **Conclusion:** The advantage of using films to teach as opposed to that of case conference, that can be rather abstract for students, is that one gets to see rather than simply hear about psychopathology and that important information is presented in a realistic form in films.

**Keywords:** Psychiatry; Motion Pictures; Medical Education

## EXPERIENCE REPORT

# Development of a question classification method to assist in the assessment of human anatomy learning: an experience report

*Desenvolvimento de um método de classificação de questões para auxiliar na avaliação da aprendizagem de Anatomia Humana: um relato de experiência*

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## ABSTRACT

**Introduction:** The study of Human Anatomy assumes great importance in shaping the reasoning of medical students, providing a solid foundation for the development of future clinical skills related to the human body anatomical aspects. The use of cadaveric specimens is regarded as one of the most realistic methods for learning anatomy. However, practical exams involving natural anatomical specimens may cause discomfort in some students, potentially hindering both learning and assessments performance. **Objective:** The present study aims to report the development of a question classification method that assists in the assessment of learning in Human Anatomy. **Methods:** This is an experience report developed from the monitoring of the Human Anatomy I discipline, which took place in the second semester of 2023, from August to December, with medical students from a private higher education institution. During this period, both professors and monitors developed a systematization for the elaboration of practical exams in the discipline, based on classifying each question into four levels of difficulty: very easy, easy, medium, and difficult. Subsequently, the monitors analyzed the exams corrected by the professors and created a table to correlate the classification of each question with the number of correct answers, using The Difficulty Index (DI). **Results:** The data contained in the table were collected during the second practical exam of Human Anatomy. The sample contains 106 students. This analysis allowed the investigation of which content areas presented the greater challenges for the students. As a result, the teachers were able to identify specific difficulties in relation to issues with natural anatomical parts and adjust teaching according to the class's needs. **Conclusion:** The analysis of the accuracy rate of practical exam questions is an essential practice for monitoring students' learning progress. A study with a larger sample is being developed to deepen the analysis.

**Descriptors:** Learning; Anatomy; Mentoring.