

NURSING AND EDUCATIONAL PRACTICES IN HEALTH

Educational practices in health, in the context of nursing, have been a more and more effective reality due to the change in paradigms of health care, based on the biomedical model for the implementation of the concept of human health promotion.

Health promotion and education in health are closely linked and promote life quality in people's daily lives⁽¹⁾. The nursing educational process, with emphasis on education in health, has been in evidence, as it is currently recognized as a strategy for the confrontation of the multiple health problems that affect the people and their social contexts.

Education in health is within the context of nursing activities as a means for the establishment of a reflective-dialogical relationship between the nurse and client, in which he seeks to reflect on his situation of health care and has awareness, as a subject, of the transformation of his own life.

Thin way, education in health aims to conduct, not only linear cognitive knowledge, but attitudes and behaviors, including the stimulation of community participation in health decisions, aiming to exercise social control, which is vital to democracy⁽²⁾.

Thus, it consists of an instrument for the promotion of life quality of individuals, families and communities and covers multi-determinants of the health-disease-care process. Therefore, it is understood that education in health reaches dimensions beyond the biological, considering, also the need to mobilize political, environmental and cultural factors, among others.

Given that education involves the responsibility of the people concerning their habits of life, it is highlighted the importance of nursing as a profession of social commitment, responsive to problems and human rights and as a science that proposes new methods and interventions. By systematizing and individualizing care and face not only the disease, the nurse can have influence not only on people's lifestyle, making them subjects of their own decisions and mobilizing the entire society to the implementation of healthy public policies.

PhD Professor Ana Karina Bezerra Pinheiro

Vice-Coordinator of Graduate Nursing Program at the Federal University of Ceará/UFC

References

- 1.Barroso GT, Vieira NFC, Varela ZMV, organizadores. Educação em saúde: no contexto da promoção humana. Fortaleza (CE): Demócrito Rocha; 2003.
- 2.Lopes EM, Anjos SJSB, Pinheiro AKB. Tendências das ações de educação em saúde realizadas por enfermeiros no Brasil. Rev Enferm UERJ. 2009; 17(2):273-7.