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THE IMPORTANCE OF THE OCCUPATIONAL THERAPIST IN THE PRIMARY HEALTH CARE TEAM OF THE BASIC HEALTH UNIT

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Abstract: This study was developed through a research of the explanatory type of bibliographic study, selective, analytical, exploratory and of a basic nature. Its objective is to analyze the importance of the participation of the Occupational Therapist (OT) in the multi-professional teams of Primary Health Care (PHC) of the Basic Health Units (UBS) of the municipalities. A thorough reading of the articles by different authors allowed organizing, ordering and schematizing significant information for the achievement of the objective and provided an understanding of the context of the themes presented in the study. The final considerations of the study show the possibilities of contribution, the different areas of action and forms of intervention of Occupational Therapy in Primary Health Care; confirms its fundamental role in the equity, integrality and universality of health care; highlights the challenges and difficulties in making the profession known and understood. It also helps in the emergence of new research and mobilizing actions with the Health Departments of the municipalities to include the Occupational Therapist in the staff.

Keywords: Occupational therapy, Public health, Primary Health Care, Primary Health Care.

INTRODUCTION

In 1979, in the city of Alma-Ata, Republic of Kazakhstan, the First International Conference on Primary Health Care was created, prepared by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF), in which presented the proposal to transform primary care into the strategy, in order to provide conditions of equality and expansion of access to care for all its users, emphasizing prevention and promotion actions, in which it designated that professionals work at this level

of care health and relate to the subject's family and community, and not just play a clinical role (BRASIL, 2012).

In Brazil, the Alma-Ata Declaration led to the implementation of several health services in the municipal network between the end of the 1970s and the beginning of the 80s, according to the Brazilian health system, contributing to theoretical and practical projects. (ROCHA, SOUZA, 2011; CABRAL, BREGALDA, 2017). Law No. 8080 of the National Health Council (CNS), of September 19, 1990, regulated by the Organic Health Law (LOS), guarantees public access to health services for all Brazilian citizens as a guaranteed right, thus constituting the Unified Health System (SUS), as well as adapting the principles of the Declaration of Alma-Ata to its conjuncture of reality, prioritizing Primary Health Care (PHC), with comprehensive, universal and equitable health care (NORONHA et al., 2008; BRASIL, 2018; FURLAN, OLIVEIRA, 2017).

In the 1990s, Occupational Therapy (OT) became part of the Basic Health Care of the Basic Health Units of some municipalities and from the year 2008, it is one of the professions that make up the multidisciplinary teams of the NASF, in the Primary Health Care (PHC), treating people with disabilities, among other health problems (BRASIL, 2008; NORONHA et al., 2008; PAIM, SILVA, 2010; CARVALHO, 2013; FURLAN, OLIVEIRA, 2017).

In this perspective, this study has as main objective to analyze the importance of the Occupational Therapist's participation in the multi-professional teams in the Primary Health Care (PHC) of the Basic Health Units (UBS) of the municipalities, and it is justified by the fact that many municipalities still do not have Occupational Therapists integrating the multi-professional teams of Primary Health Care, of their Basic Health Units, despite the profession having an integral view of the subject and citizenship, quality of

life, health promotion and prevention, wide diversity for its training, among others, which are terms present in the discussions of the Unified Health System.

METHODOLOGY

The study was developed through a research of the explanatory type of bibliographic study, selective, analytical, exploratory and of a basic nature. Explanatory research of the bibliographic study because it is concerned with identifying factors that could determine or contribute to the occurrence of the described situation and try to connect the ideas of the texts to understand the effects and causes of the facts, analyzing them to relate them to its objective; exploratory analytical and selective, as it provides a familiarity with the problem in question, making it explicit or seeking solution hypotheses; and of a basic nature, because it aims to generate useful and new knowledge for society, to contribute to science, the health area and the academic environment, involving interests and truths, using the data collection procedure (GERHARDT, SILVEIRA, 2009).

To carry out this research, a bibliographic survey was carried out in the Scientific Electronic Library Online (SCIELO), Latin American and Caribbean Health Sciences Literature (LILACS), Medical Literature Analysis and Retrieval System Online (MEDLINE) databases and Nursing Database (BNENF). In the search, studies that were available on the platform between July and August 2018 were taken into consideration.

The articles researched must address Occupational Therapy and Primary Health Care (PHC), be in Portuguese; have been produced in the Brazilian territory, because the importance of the Occupational Therapy professional in the Primary Health Care of the Basic Health Units (UBS) in Brazil is analyzed; that were published in the last decade, that is, between the years 2008 to 2018; and having

the descriptors “Occupational Therapy”, “Public Health”, “Primary Health Care” and “Primary Health Care”. Initially, the crossing of descriptors was sought following the adjustments according to the database, in order to increase the precision of results that could be relevant to the study. After the search, a quick exploratory preliminary reading was carried out to have a global view of the material found and 50 articles were selected at this stage of the study. Then, a selective, in-depth and scrutinized reading of the titles and abstracts of the articles was carried out, in order to identify those relevant to the topic studied, being selected 32 articles. After selecting the articles that met the criteria sought and addressed the topic in question, an exploratory analytical reading was carried out in the full text, which allowed organizing, ordering and schematizing the significant information of the articles to synthesize the ideas that would enable the answer to the problem of the search.

ANALYSIS OF RELEVANT ARTICLES TO THE STUDY

Among the materials that contributed to this study, there are 32 articles that, in some way, helped in the discussions and reflections on the subject in question, favoring the analysis of the relationship and the importance of the role of Occupational Therapy (OT) in Primary Health Care (APS). Based on this survey, 14 articles were highlighted, which were grouped in Table 1, in which the author(s) address the descriptors in their title: “Occupational Therapy”; and/or “Primary Health Care”; and/or “Primary Health Care”; and/or “Public Health”; and listed in their objective aspects of the professional’s performance and action in the context of health, specifically.

The selection of these 14 articles, among all those present in this study, was due to the fact that they directly address the keynote of

the analysis necessary to meet the proposed objectives of the study. In table 1, the articles gathered highlight: name of the author(s) and year of publication of the article; article title; purpose of the article; type of study that prevailed in the article; the journal of the article’s publication; and journal data upon article publication.

In the selected studies, five reflective analyses stand out, three of which are a historical situational study, one of experience and one of debate (MALFITANO, FERREIRA, 2011; OLIVER et al., 2012; REIS, 2012; REIS et al, 2012; ROCHA et al., 2012); three literature reviews, two of which are integrative (CORDEIRO et al., 2015; CABRAL, BREGALDA, 2017) and one systematic (FERNANDES, 2014); two bibliographic reviews (ROCHA, SOUZA, 2011; BASSI et al., 2012); two qualitative studies, one with an ethnographic reference (FURLAN, OLIVEIRA, 2017) and another with an empirical approach (SILVA, OLIVER, 2017); an experience report (PIMENTEL et al., 2011); and a qualitative case study (REIS, VIEIRA, 2013). The selected articles were organized in the table according to the year of publication in the journals, all of them being considered current, as they were published in the last eight years.

OCCUPATIONAL THERAPY AND AREAS OF PRACTICE

According to Maximino and Liberman (2015), Occupational Therapy (OT) is a profession that works directly with the relationship that exists between people and their daily occupations, making them able to perform their daily tasks, even when they are affected by limitations of the most varied species. Occupational Therapy professionals also see occupations as fundamental to people’s lives and with great therapeutic value, aiming to assist subjects in engaging in productive

Nº	Author / Year	Title	Propose	Kind of study	Magazine	Magazine data
01	MALFITANO AND FERREIRA, 2011	Public health and occupational therapy: notes on historical and current relationships	To analyze the roots and influence of health policies in the socio-historical development of Occupational Therapy	Reflective analysis of situational historical study	Rev. Ter. Ocup. Univ. São Paulo	v. 22, n. 2, p. 102-109, May/Aug. 2011
02	PIMENTEL et al., 2011	Occupational Therapy in Primary Care: the construction of a practice	To report the experience of an Occupational Therapy internship in Primary Care in Salvador, Bahia	Experience Report	Rev. Ter. Ocup. Univ. São Paulo	São Paulo, v. 22, n. 2, p.110 -116, May/Aug. 2011
03	ROCHA AND SOUZA, 2011	Occupational Therapy in Rehabilitation in Primary Health Care: possibilities and challenges	Contribute to reflections on the actions that Occupational Therapy develops in Primary Health Care in rehabilitation	Literature review	Rev. Ter. Ocup. Univ. São Paulo	São Paulo, v. 22, n. 1, p. 36-44, Jan./ Apr. 2011
04	BASSI, et al., 2012	Occupational Therapist in Primary Health Care: the representation in Brazilian journals and congresses in the area	To present a mapping of the discussion of the category of its intervention in ABS, through two national journals and the Brazilian congresses of Occupational Therapy	Literature review	Cad. Ter. Ocup. UFSCar	São Carlos, v. 20, n. 3, p. 443-454, 2012
05	OLIVER, et al., 2012	Training of the occupational therapist to work in Primary Health Care (PHC): contributions para o debate	To present debates on the training of professionals in Primary Health Care held in seminars and congresses, in October/2011(SP)	Reflective analysis of situational historical study	Cad. Ter. Ocup. UFSCar	São Carlos, v. 20, n. 3, p. 327-340, 2012
06	REIS, 2012	Terapia Ocupational in support of the family health team: how to overcome the initial challenges in the implementation of actions?	Socialize with occupational therapists' concerns, reflections, strategies and questions about the challenges of working in the FHS	Reflective Analysis of experience	Revista Baiana de Ter. Ocup.	Salvador, v. 1, n. 1, p. Dec. 2012
07	REIS, et al, 2012	Occupational therapy in Primary Health Care: reflections on the populations served	Discuss and reflect on the intervention of the occupational therapist in Primary Health Care	Reflective analysis of debate	Cad. Ter. Ocup. UFSCar	São Carlos, v. 20, n. 3, p. 341-350, 2012
08	ROCHA, et al., 2012	Occupational therapy in Primary Health Care: attributions, actions and technologies	Contribute to reflections on the insertion of occupational therapy in Primary Health Care and its attributions, actions and technologies	Reflective analysis of situational historical study	Cad. Ter. Ocup. UFSCar	São Carlos, v. 20, n. 3, p. 351-361, 2012

09	REIS AND VIEIRA, 2013	Demands, constructions and challenges experienced by Occupational Therapists in primary health care	Understanding the demands, constructions and challenges experienced by occupational therapists in primary health care in Fortaleza, CE	Qualitative case study	Rev. Bras. Promoc. Saúde	Fortaleza, v. 26, n. 3, p. 356-364, July./Sep., 2013
10	FERNANDES, 2014	Occupational Therapy in Primary Care: A Literature Review	To analyze the role of Occupational Therapy in Primary Care through a systematic literature review	Systematic literature review	Trabalho de Conclusão de Curso – Universidade de Brasília	Ceilândia, DF, 2014, 41 p.
11	CORDEIRO, et al., 2015	Occupational therapist actions in primary health care	Identify the actions developed by the Occupational Therapist in Primary Health Care	Integrative literature review	Anais evento ISSN 2317-0441	São Paulo, v. 3, Nov., 2015. p. 1-18
12	CABRAL AND BREGALDA, 2017	The role of occupational therapy in primary health care: a literature review	Identify and synthesize the knowledge in the literature on the role of the occupational therapist in primary health care	Integrative literature review	Cad. Ter. Ocup. UFSCar	São Carlos, v. 25, n. 1, p. 179-189, 2017
13	FURLAN AND OLIVEIRA, 2017	Occupational therapists in the management of primary health care	To characterize the work of the occupational therapist in the scope of basic health care in the Federal District and to identify the knowledge of the professional nucleus	Qualitative research with ethnographic reference	Cad. Ter. Ocup. UFSCar	São Carlos, v. 25, n. 1, p. 21-31, 2017
14	SILVA AND OLIVER, 2017	Teaching trajectory and the training of occupational therapists for primary health care	Identify and analyze the teaching trajectory and the formation of Occupational therapists for PHC in the state of São Paulo	Qualitative research with an empirical approach	Rev. Interface Comunicação Saúde Educação	São Paulo, SP, v. 21, n. 62, p. 661-673, 2017

Table 1 - Study data

and meaningful activities for their daily lives, as productivity and engagement in tasks refer to an importance that results in physical and emotional well-being.

When reflecting on the work of the Occupational Therapist, it can be seen that it is consistent with the demands and conveniences of the individuals that it aims to meet, and they are conciliatory with the guidelines and principles of the Unified Health System (SUS), regardless of whether the performance of this professional takes place at levels of primary care or at levels with different complexities (PIMENTEL et al., 2011; ROCHA, SOUZA, 2011; REIS, VIEIRA, 2013).

Occupational Therapy in Primary Health Care (PHC) of Basic Health Units (UBS), is based on understanding the involvement of patients in their daily occupations, favors the maintenance or acquisition of well-being and health, structuring daily life and giving a new meaning to the daily life of individuals who suffer limitations and health problems (VILELA, PAULIN, 2014; CASTRO, TAMANINI, 2017).

It is part of health promotion strategies, as the ultimate goal of prevention is to avoid deformity, this way, the absence of disease would already be considered a sufficient goal; in health promotion, however, the absence of diseases is not enough because an excellent level of health and life are continuous objectives, as it is believed that there will always be a way to improve health and living conditions (PAIVA et al, 2013; SILVA), OLIVER, 2017).

PRIMARY HEALTH CARE AND OCCUPATIONAL THERAPY

COFFITO (2018) regulated the Occupational Therapy (OT) professional through Decree LAW n. 938, of October 13, 1969, but the incorporation of the profession into the Unified Health System (SUS) specifically occurred at the levels of medium

and high complexity, that is, this professional focused his care according to the central models existing in the 1990s. 1969, which were aimed at asylum, curative and medical-hospital care, remaining this type of care until the 1990s (PAIM, SILVA, 2010; FURLAN, OLIVEIRA, 2017). With the regulation of the Organic Health Law (LOA), Law n. 8,080, the SUS modifies its guidelines and principles and expands the field of action of Occupational Therapy, with a view to comprehensive health care, thus establishing an intense relationship between current public policies and the possibilities of action. Health (ABS) (in basic units, in health centers/posts, among others) (NORONHA et al., 2008; PAIM, SILVA, 2010; CARVALHO, 2013; FURLAN, SILVA, 2017).

The professional therapist will emphasize the adoption of practices and lifestyles that promote health, in the (re)construction of projects that prioritize the subject's own interests and the attitudes he must take for his well-being and quality of life, in the short, medium and long term in UBS (ROCHA et al., 2012).

The contributions of the Occupational Therapist in Primary Health Care (PHC) occur through the development of actions at home, in the community and especially in social and community devices, thus expanding health promotion and prevention beyond physical and institutional limits, in the which gives priority to the life contexts of the subjects assisted in their interventions (CABRAL, BREGALDA, 2017). The specific actions of Occupational Therapy built in the territory and in the resignification of the daily life of subjects with disabilities and/or disabilities who can and must benefit from PHC, help them to understand their reality and life situation, in addition to assisting in the construction of social networks of attention to the user and the family, facilitate the establishment of more comfortable home

environments, promote independence in Activities of Daily Living (ADL), enable school and work inclusion, encourage participation in workshops, groups and collective activities, develop support from caregivers domestic and social services, expand educational activities and provide access to Assistive Technology (AT) equipment (PAIVA et al., 2013; CORDEIRO et al., 2015).

In the territories where Occupational Therapists are inserted within Primary Health Care (PHC), one of the main problems is to face the nucleus of activity and occupation in a local scenario according to health and social determinants, which, sometimes, impairs the performance of the same in a resolute way in everyday life and in doing, since the specific object of this profession is the human activity that is aligned with non-conventional therapeutic practices (REIS et al., 2012; CREFITO3 (2014).

CHALLENGES OF OCCUPATIONAL THERAPY IN PRIMARY HEALTH CARE

The main challenge of Occupational Therapy (OT) is its insertion in all Brazilian municipalities, in Primary Health Care (PHC) of Basic Health Units (UBS), because although the profession has existed since the 1950s in Brazil, significant changes have occurred. began to emerge only after the 1979s, when there were changes in their characteristics, and the Occupational Therapist (OT) started to engage in social struggles to show their relevance at this level of public health, since their academic training, traditionally, it is aimed at actions that favored individual procedures in specialized services and performed in institutions, with epistemological principles and with a biomedical and organicist basis (NORONHA et al., 2008; PAIM, SILVA, 2010; ROCHA et al., 2012; CARVALHO, 2013; FURLAN, SILVA, 2017).

Regardless of Occupational Therapy (OT) having a priority character and playing a key role in health care, many Brazilian municipalities do not have this professional in their staff, showing that their work does not have due recognition and importance, both because of health managers, as well as the population in general, who are unaware of their attributions and dynamics of care and rehabilitation, becoming another great difficulty that must be overcome by OT (NORONHA et al., 2008; PAIM, SILVA, 2010; ROCHA, SOUZA, 2011; CARVALHO, 2013; CARDOSO, 2016; FURLAN, SILVA, 2017).

Another obstacle encountered by Occupational Therapists (OT) clearly perceived in many workplaces is the precariousness of knowledge of other health professionals regarding the attributions of the profession in Primary Health Care (PHC), being relevant research and questions for these professionals can concatenate hypotheses, interpretation of actions and ideas, clarifying their doubts, about the difficulties, facilities and possibilities of multidisciplinary action of the OT in the PHC teams, as these attitudes would reflect in gains in the health care modality, since it has specific competences to the execution of actions in the scope of prevention, promotion, assistance and rehabilitation at this level of care, and also in other areas that the Ministry of Health defines as a strategy (LANCMAN, BARROS, 2011; ROCHA, SOUZA, 2011; REIS, 2012; ROCHA et al., 2012; REIS, VIEIRA, 2013).

Occupational Therapists (OT) also feel a certain tension in practices that focus on clinical expansion and technologies considered light and those based on biomedical models and hard technologies, classified as reductionist practices, since some professionals and even the community itself that use and reproduce this curative model trust it and show resistance to new healing

models and differentiated proposals (REIS et al., 2012; PAIVA et al., 2013; REIS, VIEIRA, 2013; CASTRO, TAMANINI, 2017).

The general population does not distinguish rehabilitation professionals from other professionals, they only understand that they are a health team in search of their integral assistance, which puts the Occupational Therapist (OT) at a disadvantage for using a differentiated intervention practice, and, even if it is consistent with the SUS guidelines, it causes a certain strangeness and doubts about the success of the intervention, sometimes making it difficult to establish a bond of trust, adherence to treatment and implementation of the therapeutic resource, which ends up harming health, the well-being and quality of life of the individuals involved, subject/patient for not having performed adequate treatment and frustration in the professional for not being able to perform their work satisfactorily (ROCHA, SOUZA, 2011; OLIVER et al., 2012).

FINAL CONSIDERATIONS

According to the propositions of the study, an exceptional number of possibilities for the contribution of the Occupational Therapist (OT) to users of Primary Health Care (PHC) in the Basic Health Units (UBS) of the municipalities can be assumed. These premises confirm the fundamental role of OT in the equity, integrality and universality of health care, through matrix support, as well as the forms of care provided by the Occupational Therapist are diversified, occurring according to the needs of the subjects who use the Basic Health Unit (UBS), whether in community spaces or homes, through individual or collective care.

The study showed the multiple and distinct areas of activity of Occupational Therapy (OT), taking into consideration, the search

to improve the quality of life and well-being of the individual, in the prevention of health problems, in functional rehabilitation, autonomy and independence of the activities of Daily Living (ADL), which is important because it works with a demand for diversified health needs.

This study can contribute to make the profession (forms of intervention and areas of action) better known and understood among managers and the population in general, and also help in the emergence of future mobilizing actions with the Health Departments of the municipalities to include the Occupational Therapist in the patient care teams, as many municipalities still do not have Occupational Therapists on their staff.

As well, the information present in this study can help in the creation of new research that can bring other benefits to the user population of Basic Health Units (UBS) or students in search of information, since there is a very great lack of published articles in the country regarding the work of the Occupational Therapist in the Basic Health Unit, especially in Primary Health Care, needing to strengthen its relevance in the Unified Health System (SUS) in Brazil.

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