

BODY HYGIENE: PREVENTING PATHOLOGIES IN CHILDREN AND ADOLESCENTS

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PRESENTATION

Hygiene is a much-debated topic, whether today or in past centuries, precisely because of its importance as a primary tool related to the well-being of the individual and its impact on society, as seen in the scientific article “Hygiene as an individual practice and as an instrument of the State”, published in the journal *Scielo Brasil* (2020). This tool remains undoubtedly present in everyday life and is of paramount importance for the maintenance and prevention of pathologies in the field of health.

The simple act of washing hands with soap and water drastically reduces the number of cases of contamination by pathological agents, especially in children, as reported in the article entitled “The importance of hand hygiene in disease prevention”, published in a journal of the 8th Congress of University Extension of UNESP (2015). With the importance of hygienic care for children and young people as a focus, due to their still developing nature of thought and habits, it is essential to provide guidance on hygiene and the consequences of a lack of it.

Therefore, in partnership with the Service of Coexistence and Strengthening of Bonds (SCFV) and supported by the Statute of the Child and Adolescent, the aim is to disseminate basic hygiene habits as part of the daily lives of children and adolescents in this community. It will also emphasize the importance of hygiene as an aid in preventing diseases that can be contracted by contact.

BACKGROUND

The environmental theory of Florence Nightingale, a nurse considered to be the founder of modern nursing, conceptualized that the environment directly influences the recovery of her patient. Based on this theory, it can be said that an individual’s personal hygiene interferes and can be directly interfered with by the quality of life of the surrounding society, as everyone is in constant contact with microorganisms that attack the protective barriers of the human body.

Hygiene care for children is an even more complex topic, as this group tends to be more susceptible to infectious diseases. According to the review article entitled: “Immune system: development and acquisition of immune competence”, published in the *Journal of Pediatrics* (2020), it states that: “After the age of 2, the adaptive response begins to organize itself, with full functioning after the first decade of life.” Therefore, this period of time is a crucial time to redouble attention to personal hygiene care.

The children and adolescents who are taken in by the Service for Living Together and Strengthening Bonds are in situations of greater vulnerability due to a lack of family assistance, knowledge or available resources. This is why this project, developed by Fesar academics in partnership with the SCFV, aims to provide guidance on personal hygiene for the institution’s children and teenagers.

According to article 71 of Law 8069, of July 13, 1990: “Children and adolescents have the right to information, culture, leisure, sports, entertainment, shows, products and services that respect their peculiar condition as developing persons”.

DIAGNOSIS

The location for the action is the Service of Coexistence and Strengthening of Bonds in the municipality of Redenção - Pará, which focuses on recreational activities with a focus on art (dance, plastic art and music), sports (capoeira and soccer) and playful activities with toys for children from 6 to 15 years old who are still attending elementary and high school, in order to connect them with society and provide help along the way.

However, children and adolescents still lack some hygienic habits due to a variety of situations, including their physical activities on site, lack of social experience and the biological maturation of their bodies.

OBJECTIVES

GENERAL OBJECTIVE

- To teach children and adolescents how to practice body health through lectures on hygienic habits.

SPECIFIC OBJECTIVE

- Providing advice on preventing skin diseases that can be acquired through poor body hygiene, with the aim of reducing these pathologies.
- Instruct on the correct procedure for washing hands and when to use this technique to avoid food contamination when handling the meal.
- To provide information on how to perform oral hygiene correctly in order to keep the mouth healthier and odor-free.

METHODOLOGY

The project in question is a qualitative field study carried out by means of a systematic observational visit to the Coexistence and Bond Strengthening Service (SCFV). This is part of the social service of Redenção in Pará, which according to the Brazilian Institute of Geography and Statistics (IBGE) had a population of 75,505 people confirmed in 2010, while the number of children and adolescents registered with the service, according to the coordinator, is 170 in 2023. The first visit took place on August 10, 2023, with the aim of making a diagnosis of the site and the community to be approached.

The action was carried out on 06/09/2023 in the afternoon with a focus on hygiene issues and associated pathologies among adolescents and children, which was highlighted by the site's employees due to regular exercise practices and the municipality's sunny climate with high temperatures for most of the year. General hygiene habits were then addressed, from skin cleansing to oral hygiene, through a lecture, hand hygiene dynamics and audiovisual content in the form of educational videos.

There was a second stage focusing on oral hygiene on 09/10/2023 with a demonstration of tooth brushing and the provision of oral hygiene materials for the afternoon class. Only the afternoon classes will be involved in this project, with minimal risk of accidents which will be prevented by the help of the SCFV professionals together with the group of undergraduates through supervision in group dynamics to avoid injuries and wounds, as well as preventing children from denigrating their peers due to a lack of hygiene.

There will still be many improvements in the quality of each individual's basic health if the guidelines are followed, preventing contact pathologies and accumulations of dirt that will make it easier for them to integrate

with their social peers. This research will not need to be approved by the Ethics Committee, as the data will not be published in scientific media.

EXECUTION SCHEDULE

DESCRIPTION OF ACTION	2023			
	AUGUST	SET	OUT	NOV
Building the Theoretical Framework	X			
Technical Visit	X			
Local Diagnosis	X			
Literature Review	X	X	X	X
Event planning	X	X		
Holding the event		X		
Considerations			X	X
Final Draft				X
Delivering the work				X
Case Report				X
Oral Presentation				X

RESULTS ACHIEVED

- Awareness of skin diseases that can be acquired through poor hygiene and how to avoid them.
- Implementing the habit of washing hands when touching dirty surfaces before and after meals, reducing the risk of contamination by pathogens.
- Emphasizing knowledge about the correct oral hygiene procedure and its importance, thus avoiding the development of tooth infections and controlling bad breath.

FINAL CONSIDERATIONS

Given what was understood in the field about how the population sample of children and adolescents perceives the process of hygiene and self-care, it is possible to infer that it is extremely important to address the issue from an early age. This is because late adherence by individuals leads to pathological processes that should be mitigated with basic care. As a result, it was possible to plan according to the needs of the community in terms of knowledge of personal hygiene and encouraging the public to maintain it at all times, whether in the short or long term.

The aim was to help them understand why they should clean their bodies by taking a shower, how to wash their hands and even how to brush their mouths. The actions carried out were met with extremely positive feedback from the children and teenagers. In addition, encouraging recreation on the subject of hygiene periodically within the Coexistence and Bond Strengthening Service is an area to be explored.

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