

## PREVENTIVE CARE FOR ASTHMA AND MULTIDISCIPLINARY TEAM SOCIAL WORK: ART AND EDUCATION EXPERIENCE

Cuidado preventivo em asma e o serviço social em equipe multidisciplinar: experiência de arte e educação

Cuidado preventivo para el asma y el equipo multidisciplinario trabajo social: experiencia y arte educación

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### ABSTRACT

**Objective:** The purpose of this article is to describe the experience in art education of Social Work in a multiprofessional team, in the preventive care for asthma, and the changes felt by the participants of the “Choir Voices in Overcoming”, through the (inter) experiences and experiences of singing and living with asthma. **Methods:** Qualitative, empirical, bibliographical and phenomenological research. Using field diary, semi-structured interview and content analysis. A total of 14 women and a man between the ages of 23 and 75 participated in the Asthma Reference Center. **Results:** Art education, through music, is a resource for the social worker to enhance the self-esteem of people in asthma treatment. **Conclusion:** People with asthma socializing while engaged in art education, influences their quality of life.

**Keywords:** Prevention of diseases; Health education; Music; Multiprofessional team; Quality of life.

### RESUMO

**Objetivo:** Descrever sobre a experiência em arte educação do Serviço Social em equipe multiprofissional, no cuidado preventivo à asma, e as mudanças sentidas pelos participantes do “Coral Voices em Superação”, mediante as (inter)experiências e vivências de cantar e conviver com a asma. **Método:** Pesquisa qualitativa, empírica, bibliográfica e fenomenológica. Com uso de diário de campo, entrevista semiestruturada e análise de conteúdo. Participaram 14 mulheres e um homem entre 23 e 75 anos, acompanhados no Centro de Referência em Asma. **Resultado:** Arte educação, por meio da música, é um recurso para o assistente social potencializar a autoestima de pessoas em tratamento de asma. **Conclusão:** O convívio de pessoas com asma, em uma atividade de arte educação, influencia na sua qualidade de vida.

**Descritores:** Prevenção de doenças; Educação em saúde; Música; Equipe multiprofissional; Qualidade de vida.

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## RESUMÉN

**Objetivo:** Describir sobre la experiencia en arte educación del Trabajo Social en equipo multiprofesional, en el cuidado preventivo del asma, y los cambios sentidos por los participantes del “Coral Voices en Superación”, mediante las (inter) experiencias y vivencias de cantar y convivir con el asma. **Métodos:** Investigación cualitativa, empírica, bibliográfica y fenomenológica. Con uso de diario de campo, entrevista semiestructurada y análisis de contenido. Participaron 14 mujeres y un hombre entre 23 y 75 años, acompañados en el Centro de Referencia en Asma. **Resultado:** El arte de la educación, a través de la música, es un recurso para que el asistente social potencializar la autoestima de las personas en el tratamiento del asma. **Conclusión:** La convivencia de personas con asma, en una actividad de arte educación, influye en su calidad de vida. **Palabras clave:** Prevención de enfermedades; Educación en salud; Música; Equipo multiprofesional; Calidad de vida.

## INTRODUCTION

Asthma is a chronic respiratory disease that affects people in different life cycles in all countries, both socially and economically. According to the World Health Organization, among chronic diseases, asthma is one of the most common in the world and affects about 235 million people, with most deaths concentrated in low- and middle-income countries<sup>(1-2)</sup>.

Epidemiology enables formulation of public policies both to prevent diseases and to invest in essential areas to improve care indicators on the basis of morbidity and mortality data. Although asthma challenges healthcare system with regard to prevention and control, in our country, it is one of the main causes of hospitalization. However Primary Health Care network that can provide quality outpatient care may prevent hospitalizations<sup>(3-1)</sup>.

Parents and / or caregivers of children and adolescents with asthma have a lower quality of life than those responsible for healthy children or adolescents with asthma in remission. Especially due to the care demanded by the disease the stress is greater than in other cases impacting on the quality of life of these people and their dependents<sup>(4)</sup>.

People diagnosed with asthma and their families face some limitations in acquiring appropriate medications, benefits, information and knowledge about environmental control. It is difficult to deal with acute crises and to have access to a specialist. Consultations take place annually instead of three to six months due to the reduced number of professionals.

Multidisciplinarity implies the “juxtaposition of professions”, however it manages “dialogues, tensions, conflicts, clashes, consensuses and everything that permeates the universe of teamwork in its essence”<sup>(5:595)</sup>. Members are invited to participate “in an active and continuous construction of the paths and overcoming challenges that contemplate the best assistance for users added to the workers satisfaction in this process”<sup>(5: 595)</sup>.

The work of the social worker in healthcare began with educational practices and guidelines on hygiene, generally in reference to private life, birth control, childhood diseases, sanitation for the creation of the first urban health policies. The areas of work of a social worker are diverse and the

changes that took place brought growth and knowledge of the perceptions of the essence of human beings, making their work a life policy. What is a health policy if not a life policy?

One can use the term *politics for life*, because it is through guidelines that the population became aware of rules for a healthy and high quality life. Social workers are responsible for guiding, planning and organizing group interaction activities, aiming to guarantee their users the right of access to the service network, without discrimination based on class, ethnicity, gender and generation, as well as welcoming and strengthening family bonds aiming to encourage the user and his or her family, providing socio-educational orientation about the disease and its implications, family contact and active search. In order to identify the feelings and (inter) experiences of people in asthma treatment in the Choral, the method of Phenomenology was used.

The experiences, the emotions and the shared realities make the essence of this being stronger, because when sharing, it interacts with the other, there are exchanges of essences, energies, “experiences of the consciousness given to us”. To this end, the objective is to describe the art education experience of the social worker in a multidisciplinary team in preventive care for asthma, as well as the changes and impacts felt in the lives of the research participants, “[...] independent of sensitive experience, even though going through it, essences act as the intelligible armor of being, having its structure and its own laws”<sup>(7:20)</sup>.

## METHODS

It is a qualitative, bibliographical, empirical research, inspired by the Phenomenology method. Research problem was defined as follows: the coexistence of people with a chronic disease, such as asthma, involved in a playful activity, and the positive influence on their quality of life.

Faced with the increase of cases in children until adulthood, the University Hospital researched established, in 2005, Asthma Reference Center (CREAS) in the Asthma Ambulatory. In this Center, the “Choral Voices in Superation” Project was created with the aim of encouraging young people and adults in asthma treatment to participate in an art group education activity with a multiprofessional team approach. In this context, the objective was to describe the experience of art education of the Social Work in a multidisciplinary team in the context of preventive care for asthma; and the changes felt by the participants of the “Choral Voices in Superation” through the (inner) experiences of singing and living with asthma.

From the total of 30 people aged 23 to 75 years who make up the choir, 14 women and one man participated in the survey in the second half of 2015. In order to preserve their anonymity the participants were nominated by musical terms.

Edmund Husserl developed phenomenology as a method for grasping things in their essence, that is, based on themselves<sup>(8)</sup>.

“[...] the basic principle of this method is ‘to go to the very things’ or, in other words, to go to the phenomenon

itself to unravel it.”<sup>(9:11)</sup>. This author further refers to the phenomenological approach “[...] as one who truly embraces human existence in its entirety, encompassing sadness and joy, anguish and tranquility, anger and love, life and death.”<sup>(9:10)</sup>.

The phenomenological approach to research “shows the ‘how’ of objects in their essence. The ‘how’ of a phenomenon, when interpreted, deals with unveiled aspects of human experience in its relation to the world and other subjects and things. However, in “daily life, most of the time, are veiled the ways in which the being manifests, everyone is urged to listen to the voice of conscience in order to show the being that each one is authentically”<sup>(8:1438)</sup>.

Both the semi-structured interview and the field diary records allowed the identification of the factors brought about by the experience between music and asthma, in an (inter) art education experience that is the Choir. From these experiences and (inter) experiences of the participants in singing, overcoming the disease, it was possible to identify some categories and subcategories, for a better organization and data analysis. This research project was approved by EMESCAM’s Research Ethics Committee (CEP) on September 29, 2015, under CAAE No. 46903815.5.0000.5065, in line with the ethical procedures provided for in Resolution 466/12 of the National Health Council.

## RESULTS

Categorization is an operation of classifying elements of a set by differentiation, followed by a grouping based on analogies and defined criteria, and categories may be by thematic<sup>(10)</sup>.

Among the categories found, two categories were chosen, namely: “the social worker in the multidisciplinary team: acting with music”, with the subcategory “in the group: adjusting the notes”, and the category “quality of life: we haven’t figured it out yet, but we have a lot to sing”, with the subcategory “self-esteem: the tuning of my instrument called life, playing on”.

Regarding race / color, of the 15 participants of the Choral, six declared themselves black; six, brown and three, white. In the relationship with the group, there was an interaction of friendship and care with each other, according to the following statement:

*The treatment was without discrimination, and I felt important [...].* (CORDS)

Of the 15 research participants, six females aged between 46 and 63 years studied from the 2nd year until the 5th grade of elementary school, with little reading capacity; only three could sign their name; however, five succeeded in finishing high school and three have incomplete highschool, while one completed higher education. Low or no education was a limiting factor to teach the songs, as many were unable to follow the lyrics as the copy provided, due to the difficulty of reading:

*[...] over time, I realized that I had choir singers who could not read, [...] because not knowing how to read is something that really interferes.* (HARMONY)

Another difficulty encountered was the absenteeism of some choir singers, but understanding the disease factor due to asthma attacks shows that they were unable to attend the rehearsals.

It is known that “[...] tranquility, when experiencing a situation of anguish; we feel deeply alone when we already share our existence with someone; we really know what misfortune consists of if we have ever had occasion to feel happy”<sup>(9:10)</sup>. So it can be agreed that “[...] ‘un-disguising’, that is, making it clear, understandable, is the role of education, so that the individual can elaborate his existential path through thinking”<sup>(11:82)</sup>.

This is confirmed in the following statement:

*Just being listened to helped me a lot.* (SOL KEY)

The following is the category “the social worker in the multiprofessional team: acting with music” and the subcategory “in the group: adjusting the notes”. The following professionals work with the Choir: pulmonologist, social worker, psychologist, nurse and physiotherapist. Professionals are charged with the task of contributing in as qualified a manner as possible, as this allows for better insight and recognition of one’s role.

A deeper knowledge of users’ conditions and lifestyles as well as institutional actors, is also part of the work of building the explanatory hypotheses of the phenomena in their particularity, besides the identification of possible action strategies<sup>(12)</sup>.

One of the participants reports that in the Choral,

*[...] we always have the participation of the doctor and the social worker present, and I am impressed with their participation, give everything.* (HARMONY)

All respondents revealed that the team works with responsibility and ethical commitment. In Social Work, art and culture are understood as pedagogical means that stimulate new social actions that can contribute to a more emancipated and civic society. In the meantime, the perceptions of the choralists are exposed:

*I see it as someone who welcomes.* (HARMONY).

*I think the social worker is a way to respond when we need something, even just by listening.* (MELODY)

The following is the subcategory “in the group: adjusting the notes”. In this analysis of the work of the social worker, 2/3 of the participants understand that the work of the social worker in the multidisciplinary team is very important. Observe the following information:

*You put the shirt on. The social worker in the Asthma Program is just as important as the doctor, and sometimes he doesn't even need medicine but to be in the room and talk.*(HARMONY)

Respondents cited some actions taken by the social worker, who worked on the aspects of health improvement: listening, welcoming, encouragement, support, planning, guidance, socio-educational actions and group meetings. One of the interviewees expressed that

*[...] the treatment was without discrimination, which felt important and the social worker smiled at me.* (CHORDS)

In the last decades, both the humanization and the welcoming process that are seen as strategies “to change the care model in the Brazilian health system. There are numerous criticisms regarding the listening and attitude of professionals, often described as prescriptive and authoritarian.”<sup>(8:1422)</sup>

We live in a complex moment, where the guarantee of rights occurs through the awareness of the advances of social policies, thus it is a challenge that faces the whole multidisciplinary team. “Caring is more than an act; It is an attitude. Therefore it encompasses more than a moment of attention, zeal and care.”<sup>(13:33)</sup>

When the social worker participates in the multiprofessional team responsible for social programs and projects he/she “[...] plays an important role as a uniting agent and mobilizer of the team, as well as contributing to the establishment of the institutional structure of care for users under care”<sup>(12:99)</sup>.

It is illustrated by the CHORDS narrative, who felt welcomed by the social worker:

*Yeah, you know, it's like family, you know, there's nobody wanting to be better than anyone, everybody smiles, everybody greets each other, that's when you come here in this meeting, you feel a little like a human being...* (CHORDS)

Another category is called “quality-of-life: we haven't figured it out yet, but we have a lot to sing.” What is quality of life? It can be considered that art education through music, together with group interaction, have brought quality of life to the participants of this project.

Quality of life, for participants, is the improvement of self-esteem and understanding that there is no age to live. It is to be watched, to be greeted, to receive a hug, to be together, even if it is only to sign the name as CHORDS explained. For some it is an escape from home plagued by trouble, it is listening to a song to soothe the soul. From this perspective, CHORDS tells about the perception of “the other”, making it special, while HARMONY points to the improvement of quality of life:

*It's because you feel this way, that someone looked at you, that you're people, understand? It feels like this: Ah! I'm people, they put me in the choir. Quality of life has greatly improved, my self-esteem. It's just that I feel this way: That someone looked at you.* (CHORDS)

Working with art education is something I've been doing for a long time, and what has changed?

*My quality of life. [...] Today I can do almost everything, I always want to improve, I know that to have quality of life you need to be in the program. Today I'm fine.* (HARMONY)

The assessment of quality of life in health in patients with chronic diseases gradually assumes a fundamental role regarding the perception of users of services, both individually and collectively. Even with therapeutic advances, both health education and environmental hygiene become important in maintaining disease control. However, while patients sometimes control the disease and associated comorbidities, it does not mean that they “live well” or “live with quality,” as asthma imposes several limitations on children's daily activities, which in turn, reflect on their parents or caregivers”<sup>(4:455)</sup>.

All considerations of making choices and acting to make them are not intended to reduce existence to the level of action alone, for human beings are not restricted to what they do or are doing, but also have future possibilities that can transform their life<sup>(9)</sup>.

The following is the subcategory “self-esteem: the tuning of my instrument called life, playing on”. We experience a certain speed in our existence, both in relation to our past and into the future, with breadth or restraint.

Life loses its tune when worry and anxiety invade thoughts, and this constrains us from time. FA's narrative may well illustrate this existential moment:

*[...] the rehearsal is like a therapy right, you have meeting there with the group, talk, chat and this is very good, improves self-esteem. I like it, I like it, I feel it, we improve our self-esteem.* (FA)

Life is a great spectacle and it is up to us to decide to live with quality or to set aside care. It is known that the human being is a caring being, caregiver of another human being and of himself.

It is clear from the statements that each participant, after a desperate experience with asthma, makes each moment very special, bringing music in each meeting and in each friendship achieved. It is also noteworthy that the art education activity in this research is the Choral, which integrates the treatment in overcoming and facing difficulties in health:

*I always find it a learning experience, it's ideal for our lives, because it's not just the treatment itself, it's like a therapy.* (FA).



## DISCUSSION

As a group, experiences become knowledge gained from experience with the disease, due to shared similarities, and certain patients acquire so much knowledge about the disease that they play the role of representatives of others with specialists, in research and public health debate<sup>(14)</sup>.

The authors also affirm that the internet has extended “the red carpet” to the emergence of this innovative and unusual approach, in which technoscience no longer belongs exclusively to the specialist and patient empowerment is the main feature of the process. This form of interaction facilitates socializing among the group members, thus charting a new path by sharing experiences and strengthening new friendships<sup>(14)</sup>.

Social Work includes, in its performance, art education through music, as an instrument of group interaction and closer ties, social inclusion of people with asthma in group life, thus demonstrating the possibility of interaction in the face of the difficulties imposed by the disease. Difficulties include low self-esteem, depression, anxiety, and in some cases inability to go to work, school or participate in social life. Through art education, the individual gains his autonomy and his critical sense in respect of social issues that surround him.

Art is an important instrument of reproduction of the social being. We express through traits, colors, sounds, gestures, feelings, values, habits, customs, indignations, passions, ways of seeing the world, life and ourselves. We materialize, in painting, dance, cooking, sculpture, dramatization, architecture and music, our objectivations, partly historical and socially constructed, and determined, allowing them to be grasped by the reason and sensibility of the others.

Professionals should have their actions based on proposals aimed at addressing social issues and at different levels of health complexity. Social worker in healthcare has broadened his professional action directly with the user, having health promotion as a primary material providing health information and guidance. In this social inclusion, the family is important in transmitting safety and support in treatment, thus reducing the anxiety that triggers moments of crisis.

A noticeable feature of the choir participants is that they do not feel obligated to participate, thus the participation is a voluntary act. They show satisfaction in being present and, according to the testimonials, “it’s like family.” They reported that they had good expectations regarding the Coral and treatment, that there were improvements in physical and psychological balance due to the interaction with the group and new friendships.

What is quality of life? Quality of life is the set of conditions that contribute to the physical and spiritual good of individuals in society. Thus it is considered that art education through music, together with group interaction, have brought quality of life to the participants of the “Coral Voices of Superation”, providing physical and emotional

wellbeing. One of the Coral participants revealed that being in this art education activity means

*[...] life, brought life, a safe haven, self-confidence, quality of life ... (CHORDS)*

In relation to the family, it is known that it is an area of many conflicts, among them is the abandonment of the treatment and the use of the medication, chemical dependence of the children, negligence in the family care and, in the case of the elderly, an increasingly common event in home environment. In the category “family support” out of the 15 participants only seven have such family support and some of them accompany the participant in the rehearsals. It is known that the family engaged in the process of treating people with asthma leads to positive feelings, control of emotions and crises, because this way, there is safety and the improvement of the patient’s quality of life becomes clear.

## CONCLUSION

The experience with the “Choral Voices of Superation” is an example of art education that includes the work of the social worker through a playful activity - a musical group with the participants of this treatment. It is known that the elements of music already reside within a human; the sound and rhythm of the heartbeat, the breath, and the voice it produces. However in the context of daily agitation they often go unnoticed.

Using the phenomenological approach it was possible to describe the phenomena that happened during the interaction with the research subjects, their stories and their experiences; and it unveils the sensitive part, the essence of each one, a deep unveiling of this human being. Phenomenology is all that is shown or made visible to consciousness in its individuality. Thus, both objects and acts of consciousness are phenomena, and the study of phenomena is called Phenomenology, which is found in the analysis of the lived or experienced, the meanings and perception of the human being.

Communication is the vehicle that enables the connection between professionals and users, in a multiprofessional approach, highlighting the performance of the social worker who, as well as each professional member of the team, has different tasks and views as regards the demand for assistance. Moreover, as an art education process, music has the capacity to resignify the individual and, in a liberating and socializing process, has the capacity to transform him. A positive response in the quality of life of the participants of the Choir was perceived from the (inter) experiences of singing and living with asthma, thus bringing the family, the user and the team closer, and making it a great breathtaking spectacle.

In view of this, the contribution of Social Work in the field of healthcare is characterized as an educational process that has used art as an instrument in its interventions with people with asthma and their families, aiming to awaken a critical awareness, and an exercise of citizenship.

It emphasizes the importance of family's perception and interaction for the support during treatment.

It is evident that, in this research on art education, we sought to reach its essence, not limited to the causes or symptoms of the disease, but in terms of greater perception, bringing out the essence of life, providing the courage to start over. This way, we try to guide the user, supporting the continuity of his treatment and understanding the health and disease phenomenon, which shows the fragility hidden in his daily life.

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