

## TERAPIA OCUPACIONAL E EDUCAÇÃO EM SAÚDE: EXPERIÊNCIA DE UM GRUPO DE CONVIVÊNCIA ENTRE MULHERES COM DIABETES MELLITUS

Occupational Therapy and health education: experience of a group of social living in between women with diabetes mellitus

Terapia Ocupacional y educación en salud: experiencia de un grupo de convivencia entre mujeres con diabetes mellitus

### Resumo

Associado ao envelhecimento populacional, verifica-se um aumento considerável do Diabetes Mellitus (DM) em nível mundial. A equipe multidisciplinar, na qual se insere o terapeuta ocupacional, é de extrema importância na atenção aos indivíduos com a DM, a fim de impedir os vários agravos que a doença pode ocasionar, por meio do desenvolvimento de ações para promoção e reabilitação da saúde. Nesse sentido, o estudo teve como objetivo geral verificar se ações de Educação em Saúde, realizadas pela Terapia Ocupacional em um grupo de convivência entre mulheres com DM, contribuem para a melhoria da qualidade de vida de indivíduos com Diabetes Mellitus. O estudo foi realizado no período de abril a junho de 2017, em um Centro de Convivência localizado na Região Central do Rio Grande do Sul, Brasil. Para a coleta dos dados, foram realizadas entrevistas com oito mulheres participantes do grupo de convivência coordenado por docentes e estagiários do Curso de Terapia Ocupacional. Verificou-se que a participação no grupo de convivência contribuiu para a melhoria da promoção e cuidado em saúde das mulheres entrevistadas, no que se refere a uma melhor compreensão, aceitação e controle do diabetes, mudanças de hábitos alimentares e criação de vínculos sociais. Considera-se que o grupo de convivência se apresenta como uma estratégia eficaz para ações de educação e promoção da saúde, sendo oportuna a sua continuidade e divulgação das experiências dele advindas, para que possa servir de exemplo a outros grupos que tenham por objetivo a promoção da saúde e da qualidade de vida de indivíduos com Diabetes Mellitus.

**Palavras-chave:** Diabetes Mellitus, Mulheres, Prática de Grupo, Terapia Ocupacional.

### Abstract

Associated with the aging population, there is also a considerable increase in Diabetes Mellitus (DM) worldwide. The multidisciplinary team, which includes the occupational therapist, is extremely important in the attention to individuals with DM, in order to prevent the various diseases that the disease can cause, developing actions to promote and rehabilitate health. In this sense, the study had as general objective to verify if Health Education actions carried out by Occupational Therapy in a social living group among women with DM contributes to the improvement of the quality of life of individuals with diabetes mellitus. The date was to be seen by June of June of 2017 in a social living Center located in the Central Region of Rio Grande do Sul, Brazil. For the data collection interviews were conducted, with the eight women participants of the social living group coordinated by teachers and trainees of Course of Occupational Therapy. It was verified that a participation the social living group contributed to an improvement in the promotion and care of the women interviewed, regarding better understanding, acceptance and control of diabetes, mood and fun changes and creation of social thoughts. It is considered that the social living group presents itself as an effective strategy for actions of education and health promotion, being timely its continuity and dissemination of the experiences from them, so that it can serve as an example to other groups that have for objective the promotion health and quality of life for individuals with diabetes mellitus.

**Keywords:** Mellitus Diabetes, Women, Group Practice, Occupational Therapy.

### Resumen

Asociado al envejecimiento poblacional, también se observa un aumento considerable de la diabetes Mellitus (DM) a nivel mundial. El equipo multidisciplinario, en el cual se inserta el terapeuta ocupacional, es de extrema importancia en la atención a los individuos con la DM, a fin de impedir los varios agravios que la enfermedad puede ocasionar, desarrollando acciones para promoción y rehabilitación de la salud. En este sentido, el estudio tuvo como objetivo general verificar si acciones de Educación en Salud realizadas por la Terapia Ocupacional en un grupo de convivencia entre mujeres con DM contribuye a la mejora de la calidad de vida de individuos con diabetes mellitus. El estudio fue realizado en el período de abril a junio de 2017 en un Centro de Convivencia ubicado en la Región Central de Rio Grande do Sul, Brasil. Para la recolección de los datos se realizaron entrevistas, con ocho mujeres participantes del grupo de convivencia coordinado por docentes y pasantes del Curso de Terapia Ocupacional. Se verificó que la participación en el grupo de convivencia contribuyó a la mejora de la promoción y cuidado en salud de las mujeres entrevistadas, en lo que se refiere a una mejor comprensión, aceptación y control de la diabetes, cambios de hábitos alimentarios y creación de vínculos sociales. Se considera que el grupo de convivencia se presenta como una estrategia eficaz para acciones de educación y promoción de la salud, siendo oportuna su continuidad y divulgación de las experiencias de ellas venidas, para que pueda servir de ejemplo a otros grupos que tengan por objetivo la promoción de la salud y de la calidad de vida para las personas con diabetes mellitus.

**Palabras clave:** Diabetes Mellitus, Mujeres, Practica de Grupo, Terapia Ocupacional.

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