

Teaching about sexually transmitted diseases in an undergraduate nursing course: An integrative review

¹Cosme Sueli de Faria Pereira, ²Cláudia Mara de Melo Tavares, ³Ann Mary Machado Tinoco Feitosa Rosas and ^{*4}Gabriela Silva dos Santos

¹Nurse, Master's student of Nursing School Aurora Afonso Costa - Federal University Fluminense – Niterói (RJ)-Brazil, E-mail: cosmehesfa@yahoo.com.br

²Nurse, Doctor, Full teacher of Nursing School Aurora Afonso Costa - Federal University Fluminense -Niterói (RJ)-Brazil. E-mail:claudiamarauff@gmail.com

³Nurse, Doctor of Nursing Practice. Assistant Professor at Anna Nery School of Nursing, Federal University of Rio de Janeiro, Rio de Janeiro, Brazil E-mail: annmaryrosas@gmail.com

⁴Nurse, Master's student of Nursing School Aurora Afonso Costa - Federal University Fluminense - Niterói (RJ)- Brazil.

*Corresponding Author E-mail: sisan.gabi@hotmail.com; tel: 55 21 971451804

Accepted 11 May 2015

Abstract

The purpose of this study is to discuss the teaching of Sexually Transmitted Diseases (STD's) in an undergraduate nursing course and how this relates to the practical scenario. Methodology: an integrative literature review was carried out in March 2013 on the Biblioteca Virtual emSaúde (BVS) database using the following keywords: "Sexually Transmitted Diseases" and "Teaching". Around four hundred (400) articles related to these keywords were found. After careful selection, there were forty nine (49) articles in agreement with the aim of this study and only five (5) had directly approached the proposed theme. The inclusion criteria used were: research articles published between 1998 and 2008, availability of the text online and in full, written in Portuguese and focused on the object of study. Opinion articles, editorials and theses were excluded. Results: The articles discuss the issue of teaching about Sexually Transmitted Diseases in Undergraduate Nursing Courses, and report a need for change both in terms of investment in new research and in the evaluation of the training. Conclusions: The students have the theoretical background and guidance, but there are doubts as to the prevention of STD's. Different authors have reported fragmentation of this content in undergraduate courses and there are few medical schools that offer this modular course. There is still much to add in undergraduate education aimed at improving the teaching about Sexually Transmitted Diseases.

Keywords: Sexually Transmitted Diseases, Teaching, Nursing

INTRODUCTION

The purpose of this revision is to verify, within already existing literature, the approach given on Sexually Transmitted Diseases in Undergraduate Nursing Courses, because both professionals and students display and lack of confidence when faced with STD cases during professional situations and/or internships.

Preparing future professionals is a challenge not only for teaching hospitals, but also for all professionals involved in the process. After all, changes involve people, values, cultures and, specifically in the fields of health and education, ideological, social, economical and historical issues are also involved, and the educational institutions have an important role in the development of these skills (Pereira et al., 2014).

In order to better clarify/understand the issue, available references that would help support the proposed work were sought. However, the existing amount of work related to this topic is underwhelming, which justifies the investment in

studying the theme.

In seeking a connection between nurse training and STD, we cite as an example a study that covered theory and teaching practice on HIV/AIDS in undergraduate nursing courses, and investigated the theoretical and practical content of six courses in Rio de Janeiro with the objective of identifying this content and analyzing the implications of including them in the syllabus (Lima et al., 2005). Júnior (2004) report that it is necessary to prevent new occurrences, through specific counselling, during which the advice is discussed, and in doing so favor understanding and that the advice is followed and thus contributing more effectively to the adoption of safe sex practices.

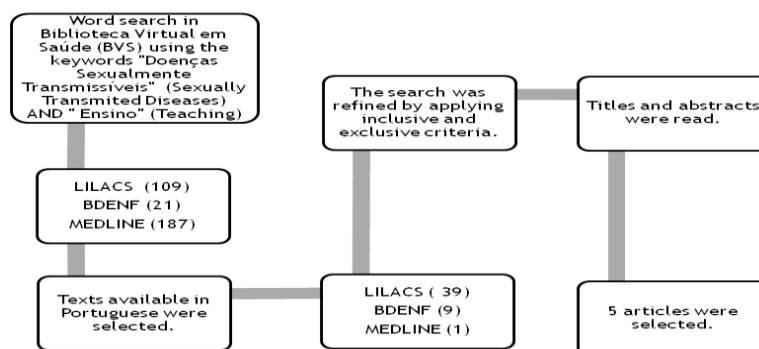
It is imperative to shorten the distance between what is said and what is done, so that at any given moment your words are your actions (Freire, 1999). Therefore, it is necessary to stress the importance of teaching about STDs in undergraduate courses so that these professionals may practice with stronger theoretical/practical backgrounds, making them more reflective and critical professionals.

Within this context, the aim is to discuss the teaching about STDs in undergraduate nursing courses and how this relates to the practical scenario and to identify the scientific production already written in this area.

Methods

Being an integrative revision, an exploratory search was carried out, using virtual databases. The search was performed in the month of March 2013 on the databases of Biblioteca Virtual em Saúde (BVS) LILACS, BDENF e MEDLINE, using the following keywords: Sexually Transmitted Diseases and Teaching. 400 articles were found. After selecting available full texts that were written in Portuguese, forty nine (49) remained that related to the object of study and only 5 dealt with the proposed theme directly. All the works are available on Literatura Científica e Técnica da América Latina e Caribe-LILACS and three of them can also be found on Scielo. The inclusion criteria were: research articles published between 1998 and 2008, availability of the text online and in full, written in Portuguese and focus on the object of study. Opinion articles, editorials and theses were excluded.

Flow chart 1. Route taken



RESULTS

Five studies were analyzed, all of which are original, being that three had a qualitative approach, one was a theoretical reflection and one was an account of past experiences. Two of the articles were published in Revista Brasileira de Enfermagem, one in Revista Ciências em Saúde Coletiva, one in Anais Brasileiros de Dermatologia, and one in Jornal Brasileiro de Doenças Sexualmente Transmissíveis. With respect to the year of publication, two were published in the year 2007 and the others were published in years 1998, 2006 and 2008 (table 1).

Table 1. Identification of the studies approached arranged by author, Journal and year

Authors	Journal
Gir E, Moriya TM, Oliveira MHP, PelânTR	Rev. Esc Enfermagem USP/ 1998
Barbosa RG, Garcia FCP, Manzato AJ, Martins RA, Vieira FT	DST Jornal Brasil. De Doenças Sex. trans./2006
Santos Junior A, Andrade MGG, Magalhães RF, Moraes AM, Velho PENF	Anais Brasil. De Dermatologia/2007
Leite MTF, Costa AVS, Carvalho KAC, Melo RLR, Nunes BMTV, Nogueira LT ⁷	Rev. Brasil. De Enfermagem/ 2007
Rago EJ	Ciências e Saúde Coletiva/2008

As for the objectives and main results, the table below shows that the main objective of the studies was, in a general sense, to know what knowledge the professionals had with respect to STDs and the means to their prevention. Results show the need for more scientific research in Brazil, and to divulge more information about preventative measures and greater investments in qualification.

Table 2. Identification of the studies approached arranged by author/year, objective and main results

Author(s)/Year	Objective	MainResults
Giret al, (1998)	To report 14 years of experience (1982-1995), four out of the five elements of this group proposed to write about their experiences, with the intention of sharing their experiences and to offer subsidies to groups that work with STD/AIDS.	Positive and negative, with respect to the positive it was pointed out that it is important to divulge information about preventative measures regarding HIV/AIDS/STD and aspects of sexuality to every segment of society, whether layman or scientific. As for the negative, they found it difficult to evaluate the actions from information since it constituted in an almost unilateral communication strategy.
Barbosa et al (2006)	Find out the amount of information on STD/AIDS hepatitis B and C, as well as analyze the sexual conduct of young university students from a small city in the state of São Paulo and obtain subsidies to guide prevention strategies for this population.	They found that a large proportion of women in the sample for the research, sexually active, adequate knowledge about contraceptive methods STD/AIDS and regard condoms as the best form of protection from STD/AIDS.
Santos Junior et al (2007)	Evaluate the ability of non-specialist doctors acting in dermatology in the following aspects: recognize and tell apart prevalent dermatoses, identify skin lesions with risk of neoplasia and to diagnose systemic disease through dermatitis.	They found it is necessary to do more scientific research on the teaching about STDs in Brazil and to re-evaluate the education that is being offered to undergraduate students and resident doctors nationwide.
Leite et al (2007)	Identify the preferred contraceptive method within university student's universe, as well as discover the aspects that weigh in the most at the time of choosing one and if their choice of contraceptive is related to the prevention of diseases.	Results showed the need for changes in attitude of future health professionals, whether in the current form of teaching, or in the manner in which support is offered so that the importance and need for safe practices, associated with the use of contraceptive methods, is thoroughly understood.
Rago(2008)	Recall the story of Francisca Prager Fróes and her pioneering fight for women's rights.	This reflection made by Rago about the journey of one doctor, Francisca Prager Fróes, that lived during century XIX makes us reflect about her pioneering work in the fight against civil society and politics when she brought the topics of gender, sexuality and behaviour into discussion.

DISCUSSION

The selected articles were classified as original, being that three articles had a qualitative approach, one was a theoretical reflection and one was an account of past experiences. These findings show the need for studies on the insertion of the theme in Undergraduate Nursing Courses.

The studies of Gir et al. (1998), Barbosa et al. (2006) and Leite et al.(2007), resort to sub-themes that correlate the teaching about STDs, a fact which is emphasized through the discussion presented on Education/Information/Prevention/Knowledge and practice and their results are similar when describing the future professionals' changes in attitude and the relaying of information acquired during their experiences to teaching in undergraduate courses and developing research.

In a study by Albuquerque et al. (2008), where the educational actions of nurses, doctors and health community agents of a Family Health Unit in Recife-Pernambuco (PE) were evaluated and the focus of these actions was the prevention of STDs. The study showed a need to install continued education programs as well as to sensitize doctors and nurses to the importance of identifying cases of HIV/AIDS as well as their notification.

From the moment of awareness of AIDS, as a new clinical entity, no other public health problem has received greater attention from the scientific community and media. It is a serious and fatal viral infection, however, preventable, and it challenges the physical, emotional and social well being of the affected individual and also those of their family members (Gir et al., 2000).

In a study by Santos Júnior et al. (2007), where he investigates the medical capability to interpret syphilis serology, it is left clear how important it is to invest in training, although it is a study on the doctor's reality, the deficit in nursing training isn't too different.

Our current University forms, all over the world, a large proportion of specialists in certain subjects, and therefore

artificially limited, while a large part of social activities, such as the development of science itself, requires people capable of looking at a much larger picture and, at the same time, able to focus on problems in depth, as well as new progresses that transgress the historical borders of the subjects Lichnerowicz, Apud (Morin, 2003).

The study by Rago (2008), covers a story and journey of a doctor from Bahia that graduated in 1893 and dedicated herself to gynaecology and obstetrics, defended women's civil and political rights and the health of women affected by STDs, defended hygiene precepts that, at the time, gained force with her medical prepositions. She understood that hygiene, women's health and sexual morals should be a part of social scene at that time.

The twenty nine (29) articles cited in the study by Rago (2008), are philosophical and mostly discuss feminism and all of its political, social, sexual and professional history.

"Education" is a strong word: "Use of the means that allow for the assurance of forming and developing of a human being; the means themselves". The term "forming", with connotations of modelling and conformation, has a flaw in ignoring strictly speaking, the word "teaching" isn't enough, but the mission of didacticism is to encourage self-teaching, awakening, provoking, favouring autonomy of the spirit.

"Teaching", art or action of transmitting knowledge to a student, in a way that they may understand and assimilate, has a stricter sense, because it is only cognitive. The word "education" possesses an excess and a deficit (Morin, 2003.)

CONCLUSION

In this study a void was evident in the research on nursing related to the teaching about STDs in undergraduate nursing courses.

Given this statement, we observed that undergraduate nursing courses should develop activities not only consisting of training, but also education to face issues relating to dealing with these diseases. Teaching about STDs should emerge from careful planning about what should be appropriate in a nurse's training and what is imperative for these professionals to exercise their roles in the areas of assistance and prevention with safe and conscientious attitudes towards the disease, requiring a vast and general understanding of the stigmas and social interpretation.

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