

INTEGRATIVE AND COMPLEMENTARY PRACTICES FOR PERFORMING ONCOTIC CYTOLOGY IN PRIMARY HEALTH CARE

PRÁTICAS INTEGRATIVAS E COMPLEMENTARES PARA REALIZAÇÃO DA CITOLOGIA ONCÓTICA NA ATENÇÃO PRIMÁRIA À SAÚDE

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ABSTRACT. Cervical cancer has high morbidity and mortality rates worldwide. The Pap smear is responsible for around 80% of early cancer detection. Still, there is low adherence to the test related to cultural, social, psychological, and economic factors that affect timely detection and the reduction of mortality from this cancer. The aim of this study is to analyze the use of music therapy and aromatherapy in women's performance of oncotoc cytology. This is a descriptive, exploratory study with a qualitative approach carried out in a municipality in the interior of Rio Grande do Norte between July and October 2023. The age group included was women aged between 18 and 64, and the sample consisted of 15 women. Data was collected using a semi-structured questionnaire. The information obtained was analyzed by content, according to Bardin. Fifteen women aged between 21 and 63 took part in the study. Results are divided into two categories: women's feelings about taking the preventive exam; participants' perceptions of the exam using the Integrative and Complementary Practices used in the study. Despite knowing the importance of taking the exam periodically, the participants do not carry it out as recommended for various reasons. Feelings such as shame and tension are factors that influence adherence to the preventive exam and interfere with the search for services. Therefore, the use of Integrative and Complementary Practices is effective when it aims to build humanized care and form a bond between professional and patient.

KEYWORDS: Pap smear; Women's Health; Complementary Therapies; Primary Health Care.

RESUMO. O câncer de colo uterino apresenta elevados índices de morbidade e mortalidade em todo o mundo. O exame Papanicolau é responsável por cerca de 80% da detecção precoce do câncer, porém existe uma baixa adesão ao exame, relacionada a fatores culturais, sociais, psicológicos e econômicos que afetam a detecção em tempo oportuno e a redução da mortalidade por esse câncer. O objetivo deste estudo é analisar o uso da musicoterapia e aromaterapia na realização da citologia oncológica para as mulheres. Trata-se de um estudo descritivo, de caráter exploratório e abordagem qualitativa, realizado em um município do interior do Rio Grande do Norte, entre os meses de julho e outubro de 2023. A faixa etária incluída foram mulheres de 18 a 64 anos, sendo a amostra constituída por 15 mulheres. A coleta de dados se deu pela técnica de questionário semiestruturado. As informações obtidas foram analisadas por conteúdo, segundo Bardin. Participaram do estudo 15 mulheres, com idades entre 21 e 63 anos. Os resultados da pesquisa estão dispostos em duas categorias: sentimentos das mulheres relacionados à realização do exame preventivo; percepção das participantes sobre a coleta com utilização das Práticas Integrativas e Complementares utilizadas no estudo. As participantes, mesmo sabendo da importância de realizar o exame periodicamente, por diversos fatores, não realizam conforme preconizado. Sentimentos como vergonha e tensão são fatores que influenciam na adesão ao exame preventivo e interferem na procura pelos serviços. Portanto, a utilização das Práticas Integrativas e Complementares são eficazes quando objetivam construir um atendimento humanizado e formação de vínculo entre profissional e paciente.

PALAVRAS-CHAVE: Teste de Papanicolau; Saúde da Mulher; Terapias Complementares; Atenção Primária à Saúde.

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INTRODUCTION

Cervical cancer (CC) is a public health problem that has an impact worldwide¹. According to the National Cancer Institute, in Brazil, the mortality rate from CC, adjusted for the world population, was 4.51 deaths/100,000 women in 2021².

It is estimated that around 70% of CC cases are caused by infection with oncogenic subtypes of the Human Papillomavirus (HPV), transmitted through unprotected sex³. Among the risk factors related to the development of CC are genetic, social, and economic causes, such as early onset of sexual activity, smoking, low socioeconomic status, and repeated genital infection⁴.

The screening recommendations of the World Health Organization (WHO) advocate regular cytopathological examination at the age of 30 among the general population of women, and after the age of 50, discontinue if there are two consecutive negative results with regular screening intervals, recommended among this population and women living with the Human Immunodeficiency Virus - HIV⁵. In Brazil, the CC Care Line expands the coverage of cytopathological exams to women aged between 24 and 64, in addition to meeting the demand of all women who present warning signs. However, the Guidelines for Cervical Cancer Screening recommend starting follow-up for those under the age of 25 who have an active sex life, given that the incidence of HPV infection is prevalent in this age group⁶. To this end, Primary Health Care plays a fundamental role in successfully reducing cases and developing early detection activities, such as screening and early diagnosis^{7,8}.

One study points out that the main difficulty encountered by the health system in preventing CC is low adherence to the preventive exam⁹. In order to increase demand for the Pap smear on time, it is crucial to overcome all the challenges related to welcoming women before the appointment, which involves providing clear information about the importance of the exam, overcoming cultural and logistical barriers, building a bond of trust between professionals and patients, as well as ensuring a comfortable environment during the collection so that the woman feels supported¹⁰.

Therefore, the National Humanization Policy - PNH, implemented by the Ministry of Health in Brazil, brings ambience as a guiding concept for humanized health practices, which is the creation of healthy, welcoming, and comfortable spaces that respect privacy, promote changes in the work process and are places where people can meet¹¹.

In this way, the Ministry of Health incorporated Integrative and Complementary Health Practices (PICS) as care tools through the National Integrative and Complementary Practices Policy (PNPIC) in the Unified Health System (SUS). This policy aims to implement practices in primary care, focusing on continuous, humanized, and comprehensive health care¹².

Similarly to the PICS, music therapy and aromatherapy are light technologies capable of contributing to the SUS, adding benefits to the patient and the hospital environment and collaborating with the public institution's cost savings by using relatively low-cost raw materials, especially when compared to the significant advantages they can provide¹³.

From the perspective of the problem related to low adherence to the preventive examination and taking into account the importance of this procedure as a tool for early diagnosis of CC, the guiding question of the study is: Does the insertion of Music Therapy and Aromatherapy, during the cytopathological examination, contribute to women in the construction of a more comfortable moment?

Based on what has already been said, it is possible to include the use of PICS in nursing consultations, as well as in other health service sectors, as a tool to promote a warm and comfortable environment for women to have their oncotic cytology collected.

This study aims to analyze the use of music therapy and aromatherapy in the performance of oncotic cytology for women.

MATERIALS AND METHODS

This is a descriptive study¹⁴, exploratory in nature and qualitative in approach¹⁵.

The research was carried out in the São José do Seridó-RN municipality at the Gilsa Souza de Medeiros Basic Health Unit (BHU), which caters to a mixed public of residents from rural and urban areas. The city has an estimated resident population of 4,558 people, according to data released by the Brazilian Institute of Geography and Statistics (IBGE)¹⁶. Due to the demand, there are two Basic Health Units in the town.

The BHU is based in the Caatinga Grande district, located in the city of São José do Seridó, where it serves families from the community and surrounding rural areas belonging to the municipality. In the city, there is an annex, the Maria Aparecida Mixed Health Unit, located in Joaquim Loló Street, which serves the public in rural areas and the city's outlying neighborhoods.

For the research development, the Institutional Letter of Consent was obtained, respecting compliance with the ethical determinations of Resolution 510/2016 - CNS/MS¹⁷, authorizing it to be carried out in the Institution presented. As the study site is a health unit, it was guided by National Health Council Resolution 580/2018¹⁸. The study was approved under CAAE number 70253923.3.0000.5568.

The participants were women who had undergone a preventive examination at the Basic Health Unit during the study period. The inclusion criteria were age between 18 and 64 and an active sex life. The exclusion criteria were women who did not have stable emotional and/or mental conditions, as well as those who disagreed to be recorded during the interview. The study thus resulted in a sample of 15 women.

The data was collected over 4 months: from July to October 2023. The semi-structured questionnaire was administered to the unit's users when they went to the health service to have their preventive examination, previously scheduled by the nurse at the previous routine appointment. The women were approached in person before the cytopathology was taken when it was explained that this was a survey and that consent was required by filling in the ICF. The user was informed that the research aimed to analyze the contributions of music therapy and aromatherapy at the time of the consultation in an attempt to create an environment that provides well-being and comfort, reducing anxiety and insecurity.

Music was played in the office, and the lavender oil was diffused in the room with a diffuser. None of the participants chose to stop the practices during the collection.

The participants were provided with a consent form for voice recording so that they could be recorded in audio format during the research. However, all the participants said they felt uncomfortable having their words recorded and preferred to answer the questionnaire themselves. All the stages (presentation of the research, questionnaire, participant's anamnesis, and cytopathology collection) lasted an average of 30 minutes per participant.

The interviews were transcribed, and the participants were given Disney character names to guarantee the privacy and confidentiality of the parties involved. These names conveyed the personality of strong, autonomous women who broke social paradigms and stigmas in the research. Data collection ended at saturation, which is the moment in the study when no new elements are found. Adding new information is no longer necessary, as it does not alter the understanding of the phenomenon studied¹⁹.

The data collected during the research was analyzed and evaluated using Laurence Bardin's content analysis method. The author points out that content analysis is organized into three chronological poles: 1) pre-analysis, 2) exploration of the material, and 3) treatment of the results. Inference and interpretation²⁰. The data obtained from the interviews in this study was coded in the IRAMUTEQ software (Interface de R pour les Analyses Multidimensionnelles de Textes et de Questionnaires). Based on the coded data, the Similitude analysis was used, which makes it possible to identify the links between words and the connection between them, based on graph theory, which presents words in competition²¹.

RESULTS AND DISCUSSION

Fifteen women, aged between 21 and 63, took part in the study. Around 60% of the public were single women, and 40% were married women. Of the participants interviewed, 93.4% reported having an active sex life, and 6.6% claimed not to be having sex at the moment. Concerning gynecological surgeries, only 20% of the participants had undergone procedures such as tubal ligation, cesarean section, and hysterectomy.

The study participants were also asked about Sexually Transmitted Infections - STIs, in which only one of the interviewees had a history of HPV and underwent treatment, which was identified early on. Studies on the occurrence of HPV infections reveal that up to 80% of sexually active women will be affected throughout their lives⁷. Still, not all will develop the precursor lesions that cause cancer.

As the study developed, it became clear that even though all the women knew about the importance of cytology, only 7 of them were having the test regularly, as the Ministry of Health recommended. The others reported not following the recommended periodicity due to lack of time, comfort, and shame, and 3 participants were having the exam for the first time.

Two categories were identified by analyzing the data on women's experiences with cytopathology collection: women's feelings about having the preventive exam; and the participants' perception of the collection using the Integrative and Complementary Practices used in the study.

Category 1: Women's feelings about taking the preventive exam

Feelings such as shame and tension arise during the collection of oncotic cytology, according to the research participants. These feelings are triggered by the psychological process of being caught outside the standards accepted and valued by someone else²².

These characteristics are described below.

"I don't like taking the exam; I know it's important, but I'm ashamed." Jasmine

"I feel a bit tense". Merida

These findings corroborate some authors who have shown in their studies that users of the System report negative feelings towards the exam, such as shame, fear, and embarrassment²², because it is an invasive technique that requires the exposure of the sexual organs to be examined and manipulated by a professional²³.

Insecurity about exposing the body encourages feelings such as shame and fear. These factors are built on experiences from birth, influenced by social and cultural reasons. Throughout history and in different societies, the female body has been regulated by norms based on beliefs, magic, religion, or medicine²⁴.

Insecurity about taking the test can be associated with negative experiences, both from third parties and from previous tests, as well as fear of pain and a possible positive result for cancer²⁵.

"A bit nervous, I think, because of the result, but then relieved." Moana

Given the importance of nursing consultations for women's health, nurses need to welcome patients and provide humanized care, offering them safety and comfort, which are essential during gynecological consultations. Nurses play a fundamental role in breaking down the barriers that prevent continuity of care, prevention, and early diagnosis.

On the other hand, some users recognize the cytology test as prevention. Even though the test often implies negative feelings, some women refer to it more optimistically, stating that they feel at ease during the test²⁶. In their speeches, they show an interest in preventing and caring for their health.

"I feel fulfilled even though I'm afraid. I love it because I know it's prevention." Aurora

"I feel fulfilled to be taking care of my health, especially when I get the result and it's negative." Pocahontas

The participants' speeches demonstrate the value of women's understanding of the importance of preventive examinations for preserving their health, which helps to facilitate adherence to the practice of prevention²⁶.

Women's knowledge of the significant impact of regular screening on the prevention of CC and early detection of the first signs and symptoms of the disease directly impacts their demand for the service. Regular Pap smears should be incorporated into women's routines as a preventive measure, reducing the incidence of cancer and the morbidity of its carriers²².

Category 2: Women's experiences with the use of Integrative and Complementary Practices in the collection of cytopathological exams

Even after the Ministry of Health introduced Integrative and Complementary Practices (PICS) as a tool for care and humanization in health services, many users are still unaware of these tools.

During the research, only four participants were aware of the PICS used: music therapy and aromatherapy. After the collection using these technologies, the participants answered about how they felt during the procedure.

"At first, I was a little apprehensive because it's an exam that some women dread, but as the consultation went on and the practices were used, the process became less painful and put me at ease." Jasmine

"It was very relaxing, not like the other times when the tension was intense and it hurt. The music helped me relax a lot." Merida

"I feel good because I didn't feel pain, and I felt comfortable." Pocahontas

From this perspective, introducing PICS into the routine of health services strengthens the professional-patient bond and promotes quality care and a welcoming environment. They are possible therapeutic strategies for nursing professionals, enhancing humanized care²⁷.

Another crucial factor during the nursing consultation is the professional-patient bond. Dialogue is fundamental to providing a harmonious environment and the patient's well-being.

"It was very smooth; the attention/confidence that was transmitted and the dialog." Mulan

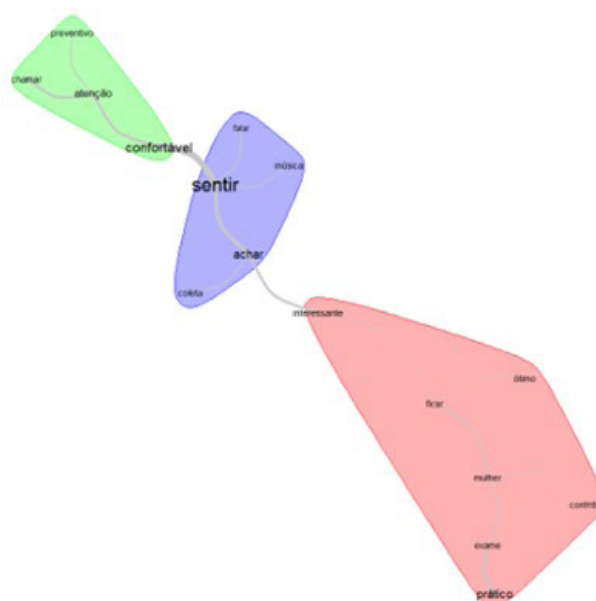
This relationship is necessary to develop an empathy environment in which the professional acts not only with technical training but also with sensitivity and intuition to establish a bond of trust²⁶.

Breaking down the paradigms and impasses that prevent patients from using health services are complex issues that need to be tackled by the entire health team. Primary Care as the main gateway has a major impact on these initiatives.

The analysis of the similarity of the survey results is shown in Figure 1. Coding was carried out based on the second category, which is equivalent to women's perception of using integrative and complementary practices during the Pap smear.

In the survey, only four participants had heard of the PICS in the study: Music Therapy and Aromatherapy, and even though they had their first contact with the practices, they were well accepted, as shown in the statements in the second category.

FIGURE 1 - Analysis of Similarity for the participants' perception of the use of PICS associated with preventive examinations.



The feeling element (at the center, in blue) appears as the most prominent constituent, presenting meaningful relationships with comfort (to the left, in the green area), which refers to positive feelings related to the intervention. It can also be seen that the parallel connections throughout the analysis, unlike most of the patients' expressions in the first category, bring characteristics pertinent to the search for health services, such as enjoyable - great - contribute - practical, indicating positive points that PICS provide.

CONCLUSION

Based on its results, the research was able to show that the use of PICS is a tool of comfort and care during the collection of cytopathological exams, resulting in pleasant and positive moments for the women involved in the research.

In addition, the research also showed promising results in the inclusion of humanized practices in health services, with positive impacts on adherence and demand for cytopathological tests, as well as valuing low-cost technologies that are relevant and theoretically already recognized strategies by the SUS, but which had not been offered until now. Using the technologies during the nursing consultation provided a welcoming and humanized environment so that a bond was established between the professional and the user.

Music therapy and aromatherapy were essential for the participants to turn a moment of tension and fear into a scenario where they could feel more confident, calm, and centered in their practices, thus promoting self-care for their health.

The main limitation encountered in carrying out the research was the unavailability of material in the municipality, which hindered the participants' adherence to the consultation and impacted the demand for Pap smears during the period. In addition, it was challenging to find current studies on the subject, which hindered the project's production and the research's valorization. Furthermore, it is worth pointing out that this gap in scientific production could be a new topic for study to investigate the reasons for the low or almost non-existent use of PICS during CC screening.

This research could contribute to new strategies for building humanized nursing care and positive experiences for women during consultations, as well as reducing women's anxiety and strengthening the bond between professionals, patients, and health services.

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