

*Experiencias del trabajo de salud y la prevención de las
drogas en la Universidad de Guantánamo*
*Experiences of health work and drug prevention at the
University of Guantánamo*

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Resumen

El presente trabajo presenta los resultados de un estudio dirigido a diseñar Acciones Educativa para perfeccionar la Salud Escolar y el trabajo preventivo relacionado con el uso indebido de drogas en la población de la Universidad de Guantánamo. Contiene el análisis teórico realizado a partir de la bibliografía nacional e internacional revisada; y un estudio diagnóstico sobre el comportamiento de la Salud Escolar de la población del centro, mediante la aplicación de diferentes métodos y técnicas de investigación educativa que permite caracterizar al objeto de investigación.

Palabras Clave: Salud Escolar, Calidad de vida, sustancias toxicas, flagelo; Trabajo preventivo; Drogas.

Abstract

This paper presents the results of a study aimed at designing Educational Actions to improve School Health and preventive work related to drug abuse in the population of the University of Guantanamo. It contains the theoretical analysis made from the revised national and international bibliography; and a diagnostic study on the behavior of School Health of the population of the center, through the application of different methods and techniques of educational research that characterize the object of research.

Keywords: School Health; Quality of life; Toxic substances; scourge Preventive work; Drugs.

Introduction

For several courses and particularly in the current one, our National Education System is immersed in the improvement, which is being carried out, it continues to work intensely for the citizenship of our children, adolescents and young people, so that they develop solid convictions and true feelings in correspondence with the ethical norms that our society advocates.

This purpose suffers more and more the economic, political and ideological onslaught of the imperialist blockade and therefore is reflected in various manifestations of social practices not compatible with our principles such as drugs that despite the measures applied, our geographical location has enabled that our territory has sometimes been used by international drug traffickers, in their goal of reaching the US. its deadly burden to a society listed as one of the highest consumers in the world.

A single case, of inclination towards addictions is an alert for education, for this reason we have proposed to develop preventive work actions, with a view, to prevent any young person from falling, in this vice.

We know that this work requires, of awareness and dedication, intelligence and pedagogical tact, we will guide you to the cases of risks already diagnosed, and to all the students and workers of our University. Drugs constitute a huge social problem, and their combat is the most complex and widespread in the world. Our National Education System in this fight plays a transcendental role, since this scourge cannot be allowed to corrupt and destroy the high levels achieved for development that are offered to children, adolescents and young people.

Within drugs in educational centers, licit drugs are worked, that is, tobacco, alcohol, coffee, in addition to psychoactive drugs. In alcoholism as a disease, the macro social component is

considered, representing customs, traditions, social habits, tensions, propaganda influences and a microsocial component dependent on the influence of small groups and individual experiences, having found that 52% of Alcoholics have alcoholic parents.

According to research, there are approximately 50 to 60 million alcoholics worldwide. 70% of the world population of 16 years and over consume the toxic, of which 10% will become alcoholics at some time in life.

Other research has shown that the age of initiation of tobacco and alcohol consumption is carried out at an increasingly early age. In Cuba, 45.2% of the population consumes alcoholic beverages, with the prevalence of alcoholism being 6.6%, among the lowest in Latin America, although in the last 15 years there has been an increase in high-risk consumption and a certain tendency to abuse of alcohol. Between 20 and 25% of violent deaths and 30% of criminal and violent acts are related to this toxic.

Between 1987 and 1990 at the National Institute of Hygiene Epidemiology and Microbiology (INHEM) several investigations were carried out in different health areas, which gave figures of alcohol consumption that fluctuate between 60.6% in the health area of Guantánamo city and 97.2% in the Caimanera municipality, as well as an increase in the percentage of problem drinkers, which include excessive and alcoholic drinkers.

Although Cuba is among the lowest prevailing in relation to the toxic within Latin America, given the increase in risk consumption and the possibility of entry of other drugs due to the necessary opening to international tourism, it is necessary to make a strong educational work - preventive to avoid or reduce the consumption of these drugs considered porter.

The fight against drugs is one of the most complex and widespread problems in the world, more than 170 countries face its consequences and the specialized organs of the United Nations estimate that at least 235 million people use drugs in the world.

The fight against this scourge, incompatible with the very essence and ends of our Socialist Revolution, oriented under the leadership of the Communist Party of Cuba, in turn requires an effective conjugation between prevention actions and confrontation, which is why it is essential the dynamic implication of all the factors of our society, in this line since the 1990 course.

The Ministry of Education has concentrated its efforts and intensified actions to strengthen the development of values and citizen training of children, adolescents and youth as a fundamental objective of its educational work.

In compliance with such high responsibility, it also requires awareness and dedication; a high ideological political commitment, intelligence, pedagogical tact, discipline, scientificness, sense of cooperation and joint work.

Taking into consideration the strengths that our Revolution has, among which is the National Education System and the composition of its teaching.

Drugs constitute a huge social problem, and their combat is the most complex and widespread in the world. Our National Education System in this fight plays a transcendental role, since this scourge cannot be allowed to corrupt and destroy, the high levels achieved in health, education, culture, sports, and the possibilities of development offered to children, teenagers and young people.

School institutions must constantly keep in mind the decisive elements of the preventive educational strategy such as, the determining role of teachers and workers of the center, the systematic control of compliance with Branch and Institutional Regulations and Regulations, the follow-up to the Diagnosis School, the identification of risk factors and all internal and external educational influences.

In the University of Guantanamo, different investigations have been carried out by professionals from the Hernández Department of Health and Sexuality, (1990-2003) López, (2003-2006) Wilson, (2007) which coincide in pointing out the need to improve the preparation of the teaching staff in exercise to develop educational work in the areas of health and prevention related to toxic habits.

Regardless of whether you have studied in this area, school practice has shown that work must continue to achieve a level of knowledge that corresponds to the desired level of performance. These aspects show the existence of limitations in prevention work which are specified in the insufficiencies found.

Through the diagnosis made, with the application of different methods and techniques, including that made by health promoters, as well as the contrast with the regularities detected by specialized visits, it has been proven that in the UG there are health-related difficulties school and identified as:

The health category as a condition for preventive work is not always taken into account, and not to the full extent of its meaning.

The integral diagnosis of students' health is not always controlled, and adequately, systemic and systematically monitored.

Little perception of drug related risk.

Insufficiencies in responsible behavior in the face of individual and collective health problems are evidenced by students and workers.

All actions are aimed at achieving objectives. According to the diagnosis made, the results obtained and the problem bank determined, objectives are proposed.

General Objective: To guide the necessary mode of action, its requirements and demands in the work of the factors involved for the improvement of preventive work in students and workers of the UG.

System of actions

Action 1

- Develop the comprehensive health diagnosis of teachers in training and center workers.

Pedagogical Instrumentation

- Determination of the indicators to be taken into account to diagnose morbidity status, toxic habits, health status, living conditions.
- Preparation of instruments and ways to apply the health diagnosis based on the use of different research methods and techniques. -Training of health promoters to direct the health diagnosis process in each area in different topics related to the Health Promotion and Education Director Program.
- Analysis of the Health Situation as part of the processing of the results of the diagnosis of the center, taking into account the different indicators foreseen in the diagnosis.
- Definition of ways and means to monitor the diagnosis in each context of the center.

Action 2

- Analysis and debate of the Health Promotion and Education Director Program, Circular 4/99, as well as the UCP School Regulations.

Pedagogical Instrumentation

- Determine the specific objectives of the sessions planned for it in the different areas according to the diagnosis.

- Selection of the content of each document for each of the planned activities and spaces, according to the diagnosis and the objectives set.
- Selection and application of the methods for the development of the different sessions and spaces planned, demanding the critical and reflective-participatory approach, with student leadership.
- Use of means provided for the illustration of the selected themes of both documents, linking them with the most sensitive according to the diagnosis made.
- Derive, as a result of these spaces, regulations elaborated on the basis of the opinions and suggestions of students and workers, as well as rules of internal behavior established by consensus, as a result of social participation in the center.

Action 3

- Develop the improvement and preparation of the management structures involved in health promotion and prevention activities according to the diagnosis

Pedagogical Instrumentation

- Determination of the possibilities of each one to assume the health promotion.
- Definition of the ways, manners and means to treat the results obtained from the diagnosis in each particular area.
- Training of managers, who must become the main health promoters of each area to monitor the diagnosis in their particular context.
- Definition of ways to monitor the diagnosis in each context of the center.

Action 4

- Monitoring and advice to the different factors involved in the prevention and health activities of the center.

Pedagogical Instrumentation

- Develop activities, by health promoters from different areas and public health personnel linked to the center, aimed at demonstrating how to develop promotion and prevention work at the PCU.

Action 5

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- Develop advisory activities to the different faculties in correspondence with the results of the diagnosis.

Pedagogical Instrumentation:

- Health Situation Analysis as part of the processing of the center's diagnostic results.
- Assessment and exchange of content, ways and forms to treat the results of the diagnosis in each particular area.
- Demonstration and precision of pedagogical mechanisms to develop health promotion based on follow-up to diagnosis in their particular context.
- Definition of ways and means to assess the impact of the actions that will be carried out according to the diagnosis in each context of the area and the criteria of teachers in training and workers.

Action 6

- Develop materials and means of teaching support necessary for the development of health promotion in the conditions of the center. (Software, videos, articles and reference materials.)

Pedagogical Instrumentation

- Determine the objectives set out in the different activities according to the diagnosis.
- Selection of the content for each medium to be prepared according to the diagnosis.
- Analysis of the real possibilities and advantages of the feasible means of elaborating in the conditions of the center.
- Design of the planned means on the most sensitive topics according to the diagnosis to be used in the different teaching, extradocent and extracurricular activities.

Action 7

- Planning and development of pedagogical activities with a curricular nature.

Pedagogical Instrumentation

- Determine the specific objectives foreseen in the different activities according to the diagnosis, from the classes as fundamental form, to the direction of the independent work.
- Selection of the content for each of the activities, according to the diagnosis and the objectives set.

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- Analysis of the methods, ways and means for the development of the different activities planned in the conditions of the center.
 - Use of the means provided on the most sensitive topics according to the diagnosis to be used in the different teaching activities.
 - It is necessary for the realization of these activities to keep in mind some details that guarantee its adequate didactic approach, such as:
 - Compliance with the principles set out above, its systematic nature to develop interpersonal and inter-group communication, in order to address health issues with a participatory, dynamic and reflective approach.
 - The integration of doctors and nurses integrated into methodological work, as a guarantee of quality in the treatment of specific content.

Action 8

- Planning and development of pedagogical activities with extracurricular character.

Pedagogical Instrumentation

- Determine the specific objectives foreseen in the different activities according to the diagnosis, from those conceived with the family to the community.
- Selection of the content for each of the activities, according to the diagnosis and the objectives set.
- Analysis of the methods, ways and means for the development of the different activities planned in the conditions of the educational community, particularly the student residence, with the use of the media (intervention on TV and radio).
- Employment of the planned means on the most sensitive topics according to the diagnosis to be used in the different extracurricular activities.
- It is necessary for the realization of these activities to keep in mind some details that guarantee its adequate didactic approach, such as:Compliance with the principles set out above, its systematic nature to develop interpersonal and intergroup communication, so as to address health issues with a participatory, dynamic and reflective approach.
- The integration of doctors and nurses integrated into methodological work, as a guarantee of quality in the treatment of specific content.

-Development of activities that contribute to the formation of the responsibility value in the sexual conduct of teachers in training, through techniques where students will have the possibility to reflect on the causes and consequences of teenage pregnancy, as well as the consequences of abortion, in addition to exchanging knowledge related to other aspects related to school health.

-Development of the spaces conceived in the Open Library with the purpose of celebrating different health events such as April 7 "World Health Day", December 1 "World Day for the fight against AIDS", among others; where students will have the opportunity to argue the different contents related to health.

Action 9:

- Plan course of improvement for non-teaching staff.

Pedagogical instrumentation:

- Development of activities to overcome school health for staff working in the student residence, who serve as educational promoters, and maintain a direct impact with internal students

ACTION 10:

Planning and development of scientific-research activities of students and workers on the themes of the Program Director of Health Promotion and Education.

PEDAGOGICAL INSTRUMENTATION:

- -Determine the thematic lines to investigate derived from the bank of problems required in the different areas according to the diagnosis.

-Socialize the thematic lines to investigate derived from the bank of problem specified in the different areas according to the diagnosis.

-Selection and monitoring of the personnel in charge of advising the different research works, according to the characteristics of the area and the content.

- Planning of scientific events and dissemination-socialization, according to health events, where the results that are achieved in these theoretical and / or practical activities are exposed.

-Derivar, as a result of these spaces, consultation and teaching materials for use by students and workers, including others interested in these topics.

Permanent dissemination in murals through the Computer Network and the Radio Base, of different aspects of School Health.

Evaluation and control

The evaluation is always present throughout the process and makes it easier to know how it has been systematically worked and evaluated in the different organized activities, to guarantee feedback and redesign.

The following aspects must be taken into account:

- The evaluation of the strategy, as an expression of the quality with which the planned actions have been executed.
- The introduction of changes, depending on the results and projections, determined in the realization and forecast of errors in the application, based on the criteria of those involved.
- Introduction of variations to perfect the actions.

This is an important and inviolable phase, to determine if the initial problem was affected, if progress is made in achieving the objectives to reach the desired state, which is why it is considered necessary:

1. Implement different types of evaluation of the activities carried out, either through an investigative method (survey, interview, observation) or through participatory techniques, where the criteria of the participants are expressed. (The criteria of the students are considered highly esteemed).

2. Carrying out systematic diagnoses on the knowledge they have acquired in the area of health and prevention.

- The results of the initial diagnosis showed some limitations in the process of health promotion and preventive work in the different factors of the PCU, among which are required, for example: ignorance of the Health category in its broadest sense and its relationship with the quality of life.
- The proposed educational strategy conceives Health Promotion as a multisectoral, multifactorial and multidisciplinary process.
- The elaborated strategy that is based on the pedagogical conception facilitates the development of the process of promotion and education for health in the PCU, also allows the development of an integral culture in teachers in training.

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- The application of the same was assessed as satisfactory and possible to be inserted in the pedagogical process of the center.

The results obtained with the application of the Criteria of Specialists method allowed satisfactory results at the methodological and practical levels, also expressed acceptance of the structure of the strategy and the materials prepared to operate with them at work, are affordable for the development of the health promotion and consequently preventive work in relation to drugs in the PCU.

The PCUs that train the teaching staff of all educations and are responsible for overcoming managers and teachers in exercises, have to be model institutions, alert and prepared for the agile, effective and systematic confrontation to illegal drug use.

The purpose related to preventive work, is to provide the teacher with tools in the area of drugs and promiscuity through a set of methodological orientations that can promote and develop in the school and extracurricular context, which would allow the construction of processes of

- Self esteem,
- Communicative skills,
- A life project construction that promotes individual and collective responsibility.
- And the elevation of the quality of life.

For the proper treatment of the drug issue and for the importance of its prevention, the Pedagogical Sciences Universities play a key role in the preparation of the collective of teachers and these, in turn, to teachers in training, in offering them the necessary and necessary tools from the preventive training point of view, to be able to stop the abuse of drugs and other addictions that affect the organism, hence it is necessary:

Design the training strategy –preventive with the fundamental elements to promote responsible attitudes, which raise the quality of life of teachers and students in training.

Make a comprehensive diagnosis of teachers and students, to define the objectives, and appropriate activities for each reality, taking into account the risk factors that can influence the behavior of each.

To avoid in the activities that are developed, a climate of judgment of inappropriate valuations, of mockery, comparisons, sanctions, and disrespect.

Assume in each of the actions to perform an attitude of respect, understanding, tolerance, dialogue and flexibility, to generate a climate of trust, security, participation, creativity, cooperation and group integration.

Follow up those students with risky behaviors such as: smoking, alcoholism, habitual use of drugs, especially those not prescribed by doctors, residence in a tourist area, or places where there are occurrences of seeding or planting of other substances of similar effects, serious economic and social problems, addicted relatives, etc.

Systematically develop preventive educational actions in the student residence, to detect and improve situations of risk, and, in addition, to promote healthy habits of life, values and responsible attitudes regarding their sexuality. Cultural revival of the activities of the Scholarship is necessary, leading to greater and better options for healthy recreation activities.

It is necessary that the PCUs take into account the double formative nature of work with students: personal and professional training.

The center must develop its educational-preventive work, through the curriculum, video-debate, open library, talks, seminars, film debates, TV programs, newspaper articles, WED page, psycho-pedagogical guidance services, development of different printed materials to be used in the murals of each of the brigades, etc.

The teacher is a health promoter and as such, a fundamental agent in preventive work, so he must assume an attitude of respect, understanding, and dialogue, to generate a climate of trust, safety, participation, and cooperation and integration of students, what is necessary to prepare it, not only in regard to drug dependence, but also in the prevention of STIs / HIV / AIDS, violence, responsible sexuality, etc.

The subject has varied edges, which must be treated and related to other work addresses or contents:

- Health promotion, quality of life.
- Formation of values.
- Learning. • Methodological work.
- School organization, order, discipline, compliance with branch regulations and internal regulations.
- Preventive and community work.

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- School diagnosis.
 - Legal culture of teachers, students and workers.

In the PCU, special attention is given to the knowledge, understanding and compliance with the branch regulation of the discipline of work in the educational activity of the workers of the Ministry of Education and of Circular 4 of 1999.

In addition to studying the articles of the Code Criminal of the Republic of Cuba related to drug abuse, production, transportation, possession, sale, participation in entry or exit of these substances, money laundering, complicity, mating, denial of information and aggravating circumstances of these crimes .

The activities that are developed

- Exhibition, Open Library and Peña with topics of STI-HIV-AIDS, Smoking and Alcoholism, toxic substances, Pedagogical Ethics, Formation of values, Promiscuity and Violence, among other topics.
- Video projections and debates, movies, TV materials, (Making roads, Face to Face, Let's talk about health, Passage to the unknown, Count on me, The Adventure of Life, etc.)
- -Monitoring and control work for students diagnosed with risk by dysfunctional families, smoking, alcoholism, etc. through the ConciergeControl and monitoring for compliance with regulations: Branch and School, Circular 4/99, and the Director Program for Health Promotion and Education.
- Use of the ISP website for the dissemination of health issues.
- Preparation of materials with themes of alcoholism, smoking, psychotropic drugs, etc.
- The Adventure of Life Program continues to be developed, as a dynamic element of the Health Director Program, in Primary Education.
- A seminar was held on Alcohol and its consequences on health and quality of life.
- A central Methodological Activity was developed in the ISP, with the objective of deepening the curricular output of the Health Director Program, where emphasis was placed on the contents related to alcohol, tobacco and psychoactive drugs.

Conclusions

The analysis of historical trends shows that the prevention of drug addictions has been a permanent concern of the Cuban Social Project and educational institutions since the beginning of the revolutionary process.

The diagnosis of the current state made it possible to characterize the process of drug prevention in the PCU, allowing the implementation of an educational, interventive strategy to solve the problem investigated. The proposed educational actions support the linking of key components of the educational process of the PCU.

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