


MANDATORY AND SUPERVISED CURRICULAR INTERNSHIP IN PRIMARY HEALTH CARE II - MUNICIPALITY OF JABOATÃO DOS GUARARAPES, STATE OF PERNAMBUCO (PE)

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EXPERIENCE REPORT

ABSTRACT

Objective: The objective of this experience report article is to report the experiences of two third-year dentistry students in a family health unit, reporting the conditions of the place, procedures that were observed, operation of the unit and the interprofessional relationship between the different professionals of the local. **Methodology:** A total of 8 visits to the USF were organized, visits that would be carried out to visualize the functioning of the unit, from the vaccination area, pharmacy, infirmary, medical care and mainly dental care. In addition, it was possible to see the daily interprofessional relationship between the health professionals of the unit, mainly the importance of community health agents in dental care. **Results:** During the internship, it was possible to visualize various dental procedures, such as: tooth extractions, restorations, sutures, fluoride applications and prophylaxis together with oral health education actions. It was also possible to visualize the functioning of the pharmacy, vaccination and which procedures the nursing area is able to perform within the conditions of the unit. **Conclusion:** The conclusion reached after the experience at the unit is that the unit is extremely important for the region, as the vast majority of patients seen by the local dentist receive health care only at that unit, where the majority do not have health insurance. In addition, the importance of the relationship between the community health agent and the dentist was seen, where patients only come to be seen by the surgeon if the community agent has performed his/her work.

Keywords: Internship; Public Health; Public Health Education; Primary Health Care; First Level of Health Care.



ESTÁGIO CURRICULAR OBRIGATÓRIO E SUPERVISIONADO EM ATENÇÃO PRIMÁRIA À SAÚDE II - MUNICÍPIO DE JABOATÃO DOS GUARARAPES, ESTADO DE PERNAMBUCO (PE)

RESUMO

Objetivo: O objetivo deste artigo de relato de experiência é relatar as vivências de dois acadêmicos do terceiro ano de odontologia em uma unidade de saúde da família, relatando as condições do local, procedimentos observados, funcionamento da unidade e o relacionamento interprofissional entre os diferentes profissionais da USF. Metodologia: Foram organizadas 8 visitas à USF, visitas essas que seriam realizadas para visualizar o funcionamento da unidade, desde a área de vacinação, farmácia, enfermaria, atendimento médico e principalmente o atendimento odontológico. Além disso, foi possível visualizar o cotidiano do relacionamento interprofissional entre os profissionais de saúde da unidade, principalmente a importância dos agentes comunitários de saúde no atendimento odontológico. Resultados: Durante o estágio, foi possível visualizar diversos procedimentos odontológicos, como: exodontias, restaurações, suturas, aplicações de flúor e profilaxia juntamente com ações de educação em saúde bucal. Também foi possível visualizar o funcionamento da farmácia, vacinação e quais procedimentos a área de enfermagem está apta a realizar dentro das condições da unidade. Conclusão: A conclusão a que se chegou após a experiência na unidade é que a mesma é de extrema importância para a região, visto que a grande maioria dos pacientes atendidos pelo dentista local recebe atendimento apenas naquela unidade, onde a maioria não possui plano de saúde. Além disso, foi observada a importância do relacionamento entre o agente comunitário de saúde e o dentista, onde os pacientes só comparecem ao consultório do cirurgião se o ACS tiver realizado seu trabalho.

Palavras-chave: Estágio; Saúde Coletiva; Educação em Saúde Pública; Atenção Primária em Saúde; Primeiro Nível de Atenção à Saúde.

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INTRODUCTION

Throughout the undergraduate course in Dentistry, students must complete several activities that are part of the course's mandatory workload. Among these experiences, the Mandatory and Supervised Internship in Primary Health Care II stands out, which aims to insert the student into the daily routine of a Family Health Unit (USF). This experience provides an immersion in the routine of the public health service, allowing the student to observe how the work processes are organized, the performance of the different professionals and, mainly, to understand more closely the needs of the population served. More than a curricular requirement, it is a concrete experience of contact with the reality of public health in Brazil (Guimarães Sampaio Trajano dos Santos et al., 2024).

The Unified Health System (SUS), a result of the achievements of the Health Reform and social mobilizations in defense of the right to health, had its fundamental principles progressively implemented, consolidating itself as a public policy of a democratic nature that has promoted significant advances in the country's health (Watanabe, 2007). Therefore, it is essential that future professionals in this field have not only theoretical knowledge, but also practical knowledge about how the SUS works, its potential, limitations, historical challenges and social importance. By providing this approach from the undergraduate level, a more critical and engaged education is encouraged, focused on the construction of an ethical practice and committed to the collective good. This training model seeks to overcome the traditional paradigm centered on individual and financial interests, encouraging the training of dentists who act as agents of social transformation and advocates for equitable access to health care (Moysés, 2001; Gomes de Pinho, 2006; Pereira, 2003). In this sense, the internship proves to be an essential stage in academic and professional development, by placing the student in real situations experienced daily by a large part of the Brazilian population. In addition, it contributes to the improvement of skills such as collaborative work, interdisciplinary action and comprehensive health care. This experience also offers a concrete perspective on the resources available in the public system and their practical applications in assisting the population (Ferreira et al., 2009).



In view of this, the objective of this experience report article is to report the experiences of two second-year dentistry students in a family health unit, reporting the conditions of the location, procedures observed, operation of the unit and the interprofessional relationship between the different professionals at the USF.

METHODOLOGY

A total of 8 visits to the USF were organized, visits that would be carried out in order to visualize the functioning of the unit as a whole, from the vaccination area, pharmacy, infirmary, medical care and mainly dental care. In addition, it was possible to see the daily interprofessional relationship between the health professionals of the unit, mainly the importance of community health agents in dental care. During the creation of this experience report article, the work of Barros (2024) was used as a guide, as it is a work that addresses the characteristics, structure and approach of experience report articles, guiding the development of the present study. In addition, online searches were carried out in databases, with the objective of acquiring the maximum number of articles and studies that could serve as a scientific basis for the study, providing a wealth of information based on proven evidence. Searches were carried out in the following databases: Science Direct; COCHRANE; Elsevier; The Cochrane Library; PubMed; Scielo in conjunction with Google Academy

EXPERIENCE REPORT

On February 12, 2025, the professor responsible for the course called "Mandatory and Supervised Curricular Internship in Primary Health Care II" separated the class of 26 students into 13 pairs, where each pair would make a total of 8 visits to a respective family health unit in the municipality of Jaboatão dos Guararapes. After the separation of the pairs, the students Pedro Guimarães Sampaio Trajano dos Santos and Lucas Cavalcanti de Lima Felix were placed as a pair, starting their internship period on February 26, 2025 and finishing the last visit on April 23, 2025.

The first day of the internship was on February 26, 2025. On that day, we met the dentist who would be our supervisor throughout the internship, a dentist who would

be responsible for providing instructions and monitoring throughout this period. On the same day that we had the first contact with our supervisor, we already had monitoring of some patients and various procedures, and we were able to see the following things: First Patient: A restoration was performed on the upper right second premolar that had caries on the mesial surface; Second Patient: Extraction performed on root remains of the lower left first and second premolars; Third Patient: Removal of stitches from an extraction performed the previous week; Fourth Patient: Anamnesis of third molars with pericoronitis, the dentist prescribed painkillers for the patient and asked her to see an oral and maxillofacial surgeon. Ending the first day with this last consultation.



Figure 1: Preceptor performing restoration on patient

Source: Authors

On March 12, 2025, the second visit to the unit was made. On this day, the preceptor taught us how to use ultrasound to remove dental calculus, how to use the low-density pen for prophylaxis, and how to use the clinical mirror to view the surfaces and anatomical accidents of the teeth, in order to help identify lesions and possible pathologies. Then, both students performed anamnesis on each other, then both used the clinical mirror to view the anatomical structures of the oral cavity and possible pathogenic abnormalities. After that, both performed dental calculus removal on each other with the help of ultrasound, then used the low-density pen for prophylaxis and

finished with the application of fluoride. In this way, everything that the preceptor guided and taught was put into practice, all done with her help and monitoring.



Figure 2: Student performing prophylaxis on another student

Source: Authors

On the visit on March 19, 2025, we accompanied the nursing technician, seeing several procedures performed by him, such as changing dressings, measuring blood pressure, collecting blood, administering vaccines, removing stitches, as well as home visits when the patient, due to some comorbidity or condition, is unable to reach the unit, making it necessary for the technician to go to the resident's residence so that he or she has access to healthcare. On the same day, after accompanying the nursing technician, we went to see a little of how the unit's pharmacy works, there we were able to see the wide variety of medicines, several types of medicines in different dosages and pharmaceuticals, as well as condoms, contributing to the promotion and improvement of the health of the local population, who can take their prescriptions, accessing the medicines necessary for their health. It was seen that the unit receives many residents who use continuous medication, but thanks to the large quantity of medications available in the unit, everyone is able to have access to their vital medications, taking their medical prescription to the pharmacy counter, so that the person responsible can pick up each respective medication.

The visit on March 26, 2025 was different from the other days so far. On that

day, we carried out an educational activity on the importance of oral hygiene and the application of fluoride to children registered at the unit. We explained the importance of oral hygiene and demonstrated how to brush their teeth correctly, guiding parents to supervise or even perform brushing depending on the child's age. After the guidance and education on oral hygiene, we applied fluoride to the children's teeth. The activity was a success, with the children present showing excitement, enthusiasm, and interest. The application of fluoride combined with the lecture will contribute to promoting oral health for children in the region, helping to prevent possible future caries lesions and other problems that may affect children who do not monitor their oral health correctly and ideally.

During the visit on April 02, 2025 it was possible to see the following procedures: First Patient: Prophylaxis; Second Patient: Restoration of the upper right first premolar; Third Patient: Adaptation of a restoration that had a stopper, making premature contact and accumulating food, in addition to making it difficult to clean with dental floss; Fourth Patient: Suture Removal.



Figure 3: Suture Removal

Source: Authors

On April 9, 2025, the following things were done: First Patient: Suture removal; Second Patient: Medication pressure; Third Patient: Restoration of an element; Fourth Patient: Fluoride application. On the penultimate visit of the internship, held on April 23,



2025, fluoride applications were performed on 3 children who visited the unit.

On the visit on April 23, 2025, the unit had received toothbrush and toothpaste kits specifically for children. Therefore, on that day, care was more focused on children. Several children registered at the unit went there with their parents, where the dentist was able to apply fluoride with the help of new toothbrushes, providing prevention. After applying fluoride, she taught the parents how to perform oral hygiene. Toothbrush and toothpaste kits should be provided for all children who received fluoride. At the end of the morning, we had one last patient, a baby who fell from a height, breaking his upper right central incisor tooth in half. However, this piece remained stuck in the gum even after it had broken, which prevented the baby from wanting to eat due to the discomfort. The mother took him to the unit, where the dentist anesthetized him and was able to remove the piece that was stuck in the gum, harming the baby who had not eaten since before the fall. This day was the last day of the internship, finishing the 8 mandatory visits that we had to carry out, thus concluding the necessary workload.

DISCUSSION

During the internship, the importance of interdisciplinary relationships within the unit became very clear, especially the role of the community health agents, who have the role of visiting each resident in their area, collecting their data so that a registry can be created in the SUS, so that they can access everything that the unit is capable of providing. The patients who were seen by the dentist only came to her because of the agents, who made the first contact with the residents, registering them and providing guidance on where the unit is and what they have access to, thus highlighting the great importance of the community health agents. A negative point that was often observed was the lack of some materials. Many times there were no gloves, masks, acids necessary for use in restorations and other basic materials, which ended up harming many residents of the region, who needed certain specific procedures but did not receive them due to the lack of essential tools.

One positive point that became evident during the visits to the unit was the amount of medicines available in the pharmacy, where there were different medicines, as well as the same medicine in different forms of administration, facilitating the use of



the medicine in case the patient has any difficulty in using a certain type of medication administration. Another extremely positive point attributed to the unit is the vaccination area, which has different vaccines, all stored in the necessary preservation conditions, and can be applied to the population, promoting health and avoiding possible complications in case the population acquires certain pathologies. During the visits to the unit, we saw many cases of local residents wanting to schedule appointments with the dentist. They were always able to schedule appointments, however, they were only able to schedule appointments for dates 2 to 3 months from now. This showed that having only one dentist in the unit is not enough, which overloads the dentist who has to see 5 to 6 patients a day in the morning, not to mention the afternoon shift. In addition, the population ends up waiting a long time to be seen because of the dentist's busy schedule, which is only one to handle a region with many residents. The unit would need to have 2 dentists, which would balance the number of patients and consequently the residents would not have to wait 2 to 3 months to be seen.

Thus, it is clear that the vast majority of the problems that the unit experiences are due to the lack of investment by the government, which ends up causing a lack of important tools in addition to the need to build another dental office in each family health unit, speeding up appointments with the dentist, which will consequently improve the oral health of patients who will be able to access dental care more quickly. Thus, it is clear that the unit does have many positive points, but that it should and deserves to receive more investment capital to improve the unit in addition to guaranteeing the basic materials that should already be guaranteed, thus improving the health of an entire population.

CONCLUSION

The conclusion reached after the experience at the unit is that the unit is extremely important for the region, as the vast majority of patients seen by the local dentist receive health care only at that unit, where the majority do not have health insurance. In addition, the importance of the relationship between the community health agent and the dentist was seen, where patients only come to be seen by the surgeon if the community agent has performed his/her work. In addition, the need for



greater investment in the unit was seen, since there is often a lack of essential materials and disposables for the dentist to be able to perform dental procedures, in addition to the need to implement another dentist, due to the large number of residents in the region, which overloads the dentist and causes patients to wait months to receive care.

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