

EXPERIENCES REPORT

MUSIC AS TECHNOLOGY IN CERVICAL CANCER PREVENTION¹

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ABSTRACT

The objective was to report the experience of composing music as a popular technology to support the prevention of cervical cancer. This is an experience report about the construction process of the song entitled Women and the screening test of cervical cancer, made in partnership with a popular singer in order to guide and empower women on appropriate preventive practices cancer cervical. The composition of the song took place in three stages: Profile achievement of the target population and choice of themes to be addressed; Meeting with a popular singer and composition of music; presentation of music to Postgraduate Course teachers and a group of community health agents for evaluation. The creation of a song as an educational strategy on health for women in the prevention of cervical cancer was one aggrandizing experience for composers and comes to show as an opportunity to provide, in a playful way, the reflection of inherent thematic issues. The use of educational technologies is encouraged, such as music, in the realization of interactive activities, reflective and popular participation.

Keywords: Nursing. Uterine Cervical Neoplasms. Educational Technology.

INTRODUCTION

Cervical cancer (CCU) is currently considered the third most prevalent cancer among women in Brazil and the second in the State of Ceará⁽¹⁾. There are strategies to prevent and detect early cervical cancer, including the primary and secondary prevention.

Primary school consists of ways to prevent the disease before it occurs, the example of the use of condoms and HPV vaccination, while the secondary search to detect the lesions with the aid of oncotic cytology, aimed at early diagnosis of precursor lesions or cancer, it is important that the proper treatment for the possibility of cure⁽²⁾.

There is, amid the daily lives of women, inappropriate conduct with respect to the examination, ignorance of the purpose, periodicity, as well as the pre-exam preparation

care⁽³⁾. In this way, the pressing need for health education, with a view to achieve emancipation and the role human. According to the National Policy of Health promotion, the aim of health education is to promote the quality of life and reduce vulnerability and the risks related to health determinants⁽⁴⁾.

In this context, the role of the nurse in the prevention of cervical cancer is of paramount importance to reduce the morbidity and mortality rates of the population. Such action must be rooted in principles of health education and promotion, in order to promote the individual's perception of vulnerability and a conscious attitude of actions that minimize risks, promoting self-care.

One of the methods used in educational processes of the health area, the music as technological resource that has remarkable power to motivate groups and community. The use of music in the teaching-learning process

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allows information to be captured more easily from the composition of melodies with rhythms known by the target audience, encouraging the participation of the community in that context⁽⁵⁾.

Thus, it is believed that the composition and use of music as health education technology can provide information, participation and autonomy of the subject in the process of change and improve attitudes favorable to health. The song was a strategy used to attract the attention of spectators to the problem in question.

In primary care, the music has been perceived as a powerful strategy when it seeks to achieve a rapid assimilation in thematic teaching or in situations in which they wish to increase popular interest by the subject being discussed⁽⁵⁾. Research conducted by nurses have highlighted the use of music in reducing pain, stress and anxiety, promoting muscle relaxation, in the recovery of memories, in the promotion of comfort, self-esteem and health education, particularly when mediated by groups^(6,7).

In view of the foregoing, the present study aims to report the experience of the composition of a popular song entitled *Women and preventive examination of cervical cancer*. The purpose of creation of music was awakening in the female population resident in a community on the outskirts of Fortaleza-CE the need for self-care actions with regard to the prevention of cancer of the cervix.

METHOD

This is an account of experience about the composition of a song driven by a doctoral course student in the graduate program in nursing at the Federal University of Ceará. The song addressed relevant concepts to the prevention of cervical cancer, in a creative and dynamic, valuing the popular education in health. The process of music composition occurred in the period from April to July 2011.

The composition of the song occurred in three distinct periods: identification of the profile of the target population and the choice of themes to be addressed; meeting with a popular singer and song; presentation of the music faculty of the postgraduate course and a group of community health Agents for evaluation.

Initially, identified the profile of the population and if the themes were determined on the basis of this profile. The verses of the song were created and based on reading national, international journals and updated manual of the Ministry of health⁽⁴⁾. Each stanza has been divided by contents previously established by one of the authors of the study. Among the contents addressed in music include: health promotion; the woman in her daily life; cancer of the cervix; examination of oncotic cytology (Pap); barriers to no examination; reasons for examination.

In partnership with the popular singer, the song was so rhythmic in the form of sets of viola, an expression of popular music that is previously written, decorated or sung offhand. The song consists of six stanzas, creatively worked through rhymes and classified as hammer gallopade, rhymed are the syllables according to scheme of the 10th singers, namely ABBA, ACDC. Tried to tailor it to the rhythm of the sets of viola, respecting rhyme, meter and the occasional elements of each stanza (step 2).

After the process of music composition, recording and audio capture available on media (CD, DVD and pen drive). With that, it was presented the three teachers of the Faculty of the graduate program, which evaluated and approved the content of the music, and displayed a group of 23 Health agents, which also contributed to the evaluation of the music, especially as to its suitability for the target population.

Directed attention to understanding elements who support the task of promoting sexual and reproductive health of women in the prevention of cervical cancer. The need for this action sparked the composition of a song, audio, educational technology as resource facilitator for popular education and to the practice of nursing.

To identify the profile of the target population and the choice of themes to be addressed, accounted for a total of 1813 women over 10 years in the area studied, which corresponded to eight micro-areas the target population of the area covered by a team of the family health strategy. Of these, interviewed-if women about 831 examination

of Cytology, oncotoc to identify the real needs of women facing the problem in question.

Identified that 129 women (15%) never performed the oncotoc cytology. The average age of the interviewees was 38.8; with confidence interval between 12 and 98 years of age. Of the 702 women who claimed to have carried out the examination, we observed an average of the last exam of 26.68 months, with a variation of less than 1 (one) to 360 months elapsed since the last examination. It should be noted that 99 (14.10%) reported not remember the date of your last exam.

With regard to the periodicity of the cytology, 334 (47.6%) reported performing it annually, followed by 226 (32.2%) women with no fixed period of realization. In view of the universe of women who performed the examination, 129 (15%) of the total, the reasons given for not carrying out were: lack of personal interest (29.4%); hymen intact (25.7%); shame (13.9%); they didn't want to do it (13.2%) think there is no need (7.8%); among others.

After this initial research to draw a profile of the population, the choice of themes and sub-themes that more related to the reality of the population studied and the elaboration of short sentences that would serve as lyrics for music. In addition, the verses were also created and based on reading national, international journals and updated manual of the Ministry of health⁽⁴⁾.

The selected themes that were considered relevant and appropriate to the public profile were: the promotion of women's health, women in their daily lives, the cervical cancer and the examination of Cytology (PAP smear), oncotoc barriers not to carry out the examination and, finally, the reasons for conducting the examination.

In the context of the promotion of women's health, it turns out that the technologies developed should focus on the positive health concept for efficient prevention, especially when it comes to cervical cancer, which, despite being a stigmatizing pathology as any cancer, reaches 100% of cure if diagnosed early⁽⁴⁾.

The woman in her daily life was approached because in the current panorama, in the execution of their multiple roles and everyday activities, it has been observed that the woman leaves to take care of their own health, postponing preventive exams and routine, as is the case of oncotoc

cytology. When you decide to do it, do it in an automated manner, without adequate knowledge about their job and care that precede it, and what the ideal range of examination^(3,4,8).

The theme of the cervical cancer and the examination of Cytology (PAP smear) oncotoc occurred because cervical cancer develops from lymphocytes intraepithelial slow changes, which, between the precursor and its development, can take approximately 10 to 20 years. This slowness in the course of the disease allows State that, among all types of cancer of the uterine cervix has one of the highest potential of prevention and cure to 99% of the cases when it is detected in the early stages⁽⁴⁾.

Early detection of cervical cancer is the clarification of the population about the examination of oncotoc cytology; in the identification of women with increased risk; on completion of the cytological collection; as well as in the identification of women with positive results⁽⁹⁾.

As to the examination of Cytology, presented the third worst index in 2013, with the percentage of 73% of women who performed at least once in a lifetime the examination over the past 3 years, corresponding to a found below that recommended by the World Health Organization that is 80% population coverage in the age group at greatest risk^(9,10). When associated with health workers, are the most appropriate data, and had carried out the examination 54.41% had less than a year, 27.94% between 1 and 3 years. Forgetfulness, lack of attention to health, lack of time and shame are factors found for not carrying out such tests⁽¹¹⁾.

It was defined that barriers to no examination should be subject to be addressed in the use of music as a way of motivating the examination of Cytology for women. It was also important to emphasize some of the factors that prevent you from performing it. Among the most prevalent factors associated with failure of this exam include: low education, low income and low socioeconomic level, younger age groups, inadequate knowledge about exam fear, shame, among others⁽¹²⁾.

Again, starting from the concept of positive health principles focused on music, we decided to address the periodic achievement test for even the most widely used strategy for tracing of cervical cancer in Brazil. Is a

simple, low cost, painless and non-invasive to be performed by skilled professional. In order to reduce the incidence and mortality by the CCU, the majority of the target population is covered by primary health care⁽⁹⁾.

For the preparation of music was established contact, invitation and partnership with a popular singer, who contributed to the composition and rhythms of music based on popular education in health. This step was conducting three meetings of one of the researchers with the popular singer, which exercised the function of popular educator and a mobilizer in health at the same institution of health research, as well as part of the cirandas extension of life, with extensive experience in health education, integration and socialization of groups, mediated by the music.

The first meeting was the presentation to the popular singer of the theme and sub-themes, as well as the short sentences already prepared to be maids and rhythmical in composition of music. The second meeting took place with the presentation by the singer of verses rhymes and part of sound that would be used. At the time, were selected and modified some parts really suitable for the proposal of educational activity on the basis of the study population, adapting and colloquial expressions used by the same.

The third meeting was held to finalize all the suggested changes and present the music in your final result (Chart 1).

Chart 1. Music: Women and the preventive examination of cervical cancer. Fortaleza, CE, Brazil, 2011.

<p>(Pace: viola in hammer gallopade).</p> <p>Chorus: I want to hear the woman who takes care in the palm of your hand (2 x)</p> <p>I don't even know where to begin This very important subject You need to think a moment To hear straight talk Because I feel the duty to inform People who are off guard Put your finger right on the wound Change your habits, customs, attitudes Cherish well your health As a precious gift is your life</p> <p>Chorus: I want to hear the woman who takes care in the palm of your hand (2 x)</p> <p>Women in their daily lives Well filled with many activities Many times your intimacy Is played for the background In an effort almost on human To keep scratch your deals Not taking care of yourself is the output But say they had better watch out Cherish well your health As a precious gift is your life</p> <p>Chorus: I want to hear the woman who takes care in the palm of your hand (2 x)</p> <p>The subject is a bit complicated Hear about this boy The cancer of the uterine cervix Seen early it can be cured</p>	<p>Chorus: I want to hear the woman who takes care in the palm of your hand (2 x)</p> <p>A lot of people don't want to take the exam For fear of shame or modesty For thinking that causes pain And not wanting to go through this scene The partner or companion claim With their great ignorance And the disease gets forgotten And oversight was never a virtue Cherish well your health As a precious gift is your life</p> <p>Chorus: I want to hear the woman who takes care in the palm of your hand (2 x)</p> <p>The advantages are endless examination It is simple, quick and painless As soon as you have To do so welcome If you haven't done your exam even For reasons known only for you Now you lost Who is smart not to deceive Cherish well your health As a precious gift is your life</p> <p>Chorus: I want to hear the woman who takes care in the palm of your hand (2 x)</p> <p>I invite now the housewife Foreign worker, adolescent The old woman step forward This idea needs to create wings And fly around winging' Spread by squares and avenues</p>
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Do the test and discover the result
Without being afraid, be firm and determined
In the end the fight will be won
Prevention is the best attitude
Cherish well your health
As a precious gift is your life

Prevent against cancer is the output
Disclose, give advice, help us
Cherish well your health
As a precious gift.

Authors: Antônio Edson Oliveira and one of the researchers of the study.

The music may be used in the practice of health education as a strategy to stimulate the participation of the individual and of the community in the educational process, strengthening the construction of citizenship and promoting increased autonomy of the subject involved⁽⁴⁾.

With the purpose of enriching communication between professionals and individuals in the process of learning, the music invites the public to practice in favour of adhesion prevention of cervical cancer. It is suggested the application of music in community radios, waiting rooms, educational groups, rent sound, in view of its effectiveness in the discussion of this important issue.

At the end of this creative process, the music was presented to three teachers of the postgraduate course and a group of 23 community health Agents, in order to verify that the same was desirable quality, if it was applicable to the target audience and also to solicit suggestions for improvement. The first meeting was held with the teachers and the authors, that made the Group reading of the lyrics printed on A4 paper and accompanied by the hearing via a CD and with the aid of a computer. The music was heard twice, which later made the following suggestions: reduce the repetition of the chorus and rephrase the first stanza, which speaks of wound, to mild and more positive expressions of health. On the modified version, the Group assessed the music faculty as of good quality, motivating and applicable to educational activities in General.

In meeting with health officials, provided a broad space for presentation of music, also made use of the letter printed on paper for follow-up, with listening to the song three times.

It was noted that, at this meeting, the health officials expressed delight upon hearing the music and danced and the end reported its implications. It should be noted that all opinions about music were positive, with no suggestions of modifications on the part of this group.

It is common to see that from listening, dance as a permanent continuity of the process of body affectation that involves sound identity, emotion, cognition, muscles, bones, nerves. Listening with the body appears to be the ability to embody in this the past, with all the themes that permeate and constitute the history of the subject⁽¹³⁾.

With that, as the opinion and suggestions of the groups chosen to assess the music, this composition offers good quality and is feasible for use in different *locus* of health education, especially in the family health strategy.

To relate the present study with research about technologies used in educational activities on prevention of cervical cancer, there are also positive results related to the quality of the material. Audiovisual products produced, the example of the educational video, developed exclusively for specific populations, with habits and customs characteristic, with the benefit of clarity and objectivity, have been highlighting as positive care technology to promote knowledge, attitude and practice, since the limitations and the needs of the public are respected^(14,15).

Specifically, in the case of music, it is observed that its use in educational workshops allow participants to listen to her, put her in gestures, move according to an instrument, approaching each other, moving alone through space, pause etc.

The song allows also incarnate attempts different States and actions, expands ways of being in the world, to relate, as well as, of presentificar, anyway, of *enliven* the body in the direction of greater power and connectivity⁽¹³⁾.

FINAL CONSIDERATIONS

Provide participants the exercise of listening broadly from his relationship with the music, exercising sensitivity of listening as a possibility of being affected by its harmony seems to indicate advantages of using this instrument in educational activities.

In a country where size and diversity are unmatched, it is necessary the individualization of strategies that meet the particularities of certain populations. Strategies such as the use of the song, in order to empower the population for more autonomous decision-making and aware, can contribute to a dynamic and creative process of teaching-learning.

Creating a music as educational strategy on women's health in the prevention of cervical cancer was anaggrandizing experience for the composers and comes to show as a chance to

promote, so playful, reflection of issues inherent to the subject. Encourages the use of educational technologies in realization of interactive activities, and reflective of popular participation.

Is the limitations that the song has not been evaluated by the target public in educational activity, because its composition was entered in an educational video. It is recommended to carry out clinical trial experimenting the use of different educational technologies, among them the object of this article, in order to test their qualities in front of other techniques.

MÚSICA COMO TECNOLOGIA NA PREVENÇÃO DO CÂNCER DE COLO UTERINO

RESUMO

Objetivou-se relatar a experiência da composição de uma música popular como tecnologia de apoio à prevenção do câncer de colo uterino. Trata-se de um relato de experiência acerca do processo de construção da música intitulada *Mulheres e o exame preventivo de câncer de colo uterino*, composta em parceria com um cantor popular, a fim de orientar e empoderar as mulheres quanto às práticas preventivas adequadas do câncer de colo uterino. A composição da música ocorreu em três momentos: identificação do perfil da população alvo e escolha das temáticas a serem abordadas; reunião com um cantor popular e composição da música; apresentação da música a docentes do curso de Pós-Graduação e a um grupo de Agentes Comunitários de Saúde para avaliação. A criação de uma música como estratégia educacional em saúde para mulheres na prevenção do câncer cervical foi uma experiência engrandecedora para os compositores e vem a se mostrar como uma possibilidade de propiciar, de forma lúdica, a reflexão de questões inerentes à temática. Estimula-se o uso de tecnologias educativas, como a música, na realização de atividades interativas, reflexivas e de participação popular.

Palavras-chave: Enfermagem. Neoplasias do Colo do Útero. Tecnologia Educacional.

MÚSICA COMO TECNOLOGÍA EN LA PREVENCIÓN DEL CÁNCER DE CUELLO UTERINO

RESUMEN

El estudio tuvo el objetivo de relatar la experiencia de la composición de una música popular como tecnología de apoyo a la prevención del cáncer de cuello uterino. Se trata de un relato de experiencia acerca del proceso de construcción de la música intitulada *Mujeres y el examen preventivo de cáncer de cuello uterino*, compuesta juntamente con un cantor popular, a fin de orientar y estimular a las mujeres en cuanto a las prácticas preventivas adecuadas del cáncer de cuello uterino. La composición de la música ocurrió en tres momentos: identificación del perfil de la población objetivo y elección de las temáticas que deberían ser trabajadas; reunión con un cantor popular y composición de la música; presentación de la música a docentes del curso de Posgrado y a un grupo de Agentes Comunitarios de Salud para la evaluación. La creación de una música como estrategia educacional en salud para mujeres en la prevención del cáncer cervical fue una gran experiencia para los compositores y se ha vuelto como una posibilidad de propiciar, de forma lúdica, la reflexión de cuestiones inherentes a la temática. Se fomenta el uso de tecnologías educativas, como la música, en la realización de actividades interactivas, reflexivas y de participación popular.

Palabras clave: Enfermería. Neoplasias del Cuello del Útero. Tecnología Educacional.

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