

THE PRIMARY CARE WORKER'S DAILY LIVING: LIMITS FOR HEALTH PROMOTION

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ABSTRACT

This is a qualitative, descriptive, exploratory research, aiming to understand the limits of everyday life for the Health Promotion of workers. The participants were 18 workers at a health center in southern Brazil. Data collection occurred during the months of April and May 2014, through semi-structured interviews, with the guiding question: "What are the limits of everyday life to promote the health of workers who work in primary care?" Analysis data was made in the light of the Sensitivity and Theoretical Concepts of Michel Maffesoli. As a result, we found some dimensions that express the daily limits in its general context of life, involving the lack and excess. Lack of time and knowledge on how to manage time; lack of companionship; lack of more exercise and leisure. Among the excesses identified: excessive daily tasks; traffic; work with excessive workload; laziness; greediness. We emphasize the importance of reflections and actions towards Health Promotion of workers in their daily lives, considering, during the care, the limits as possibilities for the power of human beings to transfigure, contributing to create healthy environments.

Keywords: Daily living activities. Occupational health. Health promotion. Nursing.

INTRODUCTION

During the undergraduate and extension activities, performed during the graduation in Nursing, some workers at a Health Center (HC) in southern Brazil reported the fatigue and stress they have been feeling in their daily life, aggravated by the accelerated pace of life, characteristic of the contemporary routine, involving urban aspects such as traffic, violence, among others. Thus, the interest to conduct a study to understand the daily life of workers arose, in order to develop care strategies to promote their healthy being,

preventing stress in their daily life, and, thus, contributing to improve their quality of life.

The daily life can be defined as the way human beings live everyday, expressed by their interactions, beliefs, values, symbols, images and imaginary, that outline their process of living, in a movement to be healthy and sick, punctuating his/her life cycle^(1:24).

Everyday life, in our contemporaneity, has been characterized by an accelerated pace of people's lives, in which, in order to survive in the current world and in the labor market, we are stimulated to perform several simultaneous activities daily, causing constant stress to fulfill our tasks timely, in addition to the work

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overload⁽²⁾. Therefore, we live in a time expressed by an instantaneous and simultaneous society⁽¹⁾.

Furthermore, we also have the urbanization issue, which does not only bring modernity, technology with its facilities, but also violence, pollution, chaotic traffic and deforestation, further aggravating daily stress in a constant coexistence with paradoxes, because there are still archaic problems, such as lack of basic sanitation and all the problems that accompany it and affect health.

Studies show that professionals working in Basic Health Care are exposed to various stressors, such as: poor working conditions, difficulty in articulating SUS (Unified Health System – *Sistema Único de Saúde*) service network, lack of material and human resources, intense workload, absence of recognition of the professionals' work, communities with problems of difficult resolution, conflicts between staff and users, besides the very nature of health work that constantly deals with pain, loss and suffering⁽³⁻⁶⁾.

On the other hand, in a further paradox, those professionals work from the perspective of Health Promotion, which is a fundamental component to formulate public policies worldwide, considering health within an expanded concept, besides emphasizing the creation of environments favorable to improve the quality of life of everyone⁽⁷⁾, including the Primary Care workers themselves.

Health Promotion has influenced the organization of health systems in several countries⁽⁷⁾, seeking equity and health improvement for everyone. However, inserting Health Promotion into the professional practice scenario is still a challenge⁽⁷⁾, being of paramount importance an expanded view of the health aspects of individuals, families and communities, contributing to the process of being healthy in the everyday life.

In the process of human living, it is necessary to consider the limits and powers present in the day to day as aspects relevant to health care and promotion. The limits involve the notion of determination or commitment, being a survival mechanism in daily situations, which remind us of domination and oppression, being, therefore, what protects us from certain events characteristic of the human condition.

Power, in turn, is considered the force that comes from within each person, belonging to the liberation and cooperation order⁽⁸⁾.

In this sense, it is necessary that nursing, as a profession that considers the human being within his/her multidimensionality and complexity, develops the competence to care for people in their process of living, integrating daily life, with its limits and powers, including work environment, helping to transfigure those limits, promoting health. Thus, the guiding question of this study emerged: what are the daily limits for the health promotion of workers who work in Primary Care? This research aims to understand the limits of everyday life pointed out by Primary Care workers to promote their health.

This study becomes important for its ability to evidence knowledge on the limits of people's daily lives, contributing to rethink our society and ways of living, planning, encouraging and performing effective care aimed at improving people's quality of life in general, and of health workers, in particular, in addition to collaborating to deepen knowledge and practices, involving the daily theme in its interlacing with Health Promotion.

METHODOLOGY

This is a qualitative study, in the form of a descriptive, exploratory research, being one of the results of the master's dissertation⁽⁹⁾, in which we sought to understand the daily life, the powers and limits of the workers from a Health Center, for the Health Promotion, and, at the moment, we focused on understanding the limits.

Some notions within Comprehensive and Quotidian Sociology, such as postmodernity, tribe, ethics of aesthetics, powers, limits, and especially the Theoretical and Sensitivity Assumptions^(8,10-13), were adopted as methodological theoretical references, as follows: The critique of schematic dualism; The methodological appeal of "form"; The relativistic sensibility; Stylistic research; and libertarian thought.

Eighteen workers from a Health Center in the city of Florianópolis, Santa Catarina, Brazil, participated in the study. They had different professions: nurses, doctors, pharmacists, dentists,

nursing technicians, cleaning assistants, administrative Assistant.

We did not limit the participation in this study only of health professionals, since we understand that all the workers who work in the Health Center contribute, both directly as indirectly, to improve the quality of life of the population served at the Unit, and the work performed by each one of the professionals is equally important.

Data collection was done through semi-structured interviews, during the months of April and May 2014, using a guide containing information on participants (fictitious name, gender, age, occupation, weekly workload, profession time, marital status and if the had children), as well as the guiding question: "What are the limits of daily life for the health promotion of workers who work in Primary Care?"

The interviews lasted from 20 to 30 minutes, being carried out at the workplace of the professionals from the Health Center during their shift. The participants' speeches were recorded and registered in a copy of the script used.

The Research Ethics Committee of the Federal University of Santa Catarina and the Municipality of Florianópolis approved this research, under protocol No. 28293314.9.0000.0121. The participants of this study signed the Informed Consent Form (ICF), recommended by Resolution 466/CNS of 2012.

In order to maintain the anonymity of the participants, they received a list containing names of Super Heroes and Heroines from the comic books, so that they could choose a fictitious name to be used in this study. The choice to name them this way came from the consideration that those professionals spend their time preserving people's health and lives, each using skills ("super powers") and specific knowledge.

RESULTS AND DISCUSSION

Participants' profile

Among the eighteen participants in the study, sixteen are women and two are men, aged between 22 and 53 years. Regarding

marital status, eleven participants are married, four are single and three have a stable union. Eleven participants have children, while seven do not.

As for the profession, four nursing technicians, three community health agents, three nurses, three doctors, a dental surgeon, a pharmacist, a cleaning servant, a dental assistant, and an administrative assistant participated in the study. The time of profession ranged from two to 32 years. The participants' weekly workload ranged from 30 to 88 hours.

Understanding limits of the routine for Health Promotion: between excess and lack

The analysis of the data allowed us to identify different dimensions that express the limits of the daily life that the workers from the Health Center have to promote their health in the general context of life, flowing between two great categories: the lack and the excess, namely: lack of time and time management; lack of companionship; lack of more exercise and leisure; excess of daily tasks; excessive working hours; laziness; greediness; traffic.

The absence

Lack of time and time management

Among the participants of this study, ten reported that lack of time or time management is the main limit of their day to day, as we can see in the following statements:

[...I wish I had more time, you know? To do other things, courses, study some other thing, but I do not have much time...]. (Wonder Woman).

[...I miss time, dedicating more, practicing some sport and having osmethign healthier besides work...]. [...only during the weekend, I have more time to relax, because, during the week, I end up lacking time. (Batgirl)].

We live in a society where time is instantaneous and simultaneous, similar to the rhythm of the computer, which, on the one hand, is a facilitator, because it allows efficiency and quick access to information, but, on the other, it imprisons for the difficulty of dealing with this excess of information, requiring a very large effort to keep up-to-date⁽¹⁴⁾.

Along with that instantaneousness and simultaneity of postmodernity⁽¹¹⁾, it is difficult to organize our time, not only because of the excess of information, but also because of the complexity of the relation between free time and work, where both are condensed, being, sometimes, confusing to realize when we are doing one or the other.

Our contemporaneity is marked by the lack of time, for the other and for oneself, which can compromise interpersonal relations and our own health, due to the lack of time for self-care⁽¹⁾.

Lack of companionship

The lack of companionship was pointed out by one of the workers as something that hampers their daily life, being a limit for the promotion of their health, as revealed below:

[... we lack companionship at work, in the family...].
(Phoenix).

In postmodernity, there is a predominance of social bonds, of us, of tribalism, of the community, making conviviality with others something fundamental and present in our daily lives⁽¹³⁾. It is through the social bonds that we recognize ourselves, we create our identity and we interact with the environment and with the people that surround us. Lack of companionship can damage those established social relations among people, contributing to the emergence of constant confrontations that, if discussed through dialogue, can stifle the liberation of the gaze and the action. The understanding of the lack of companionship as a limit, indicating a risk of bond and tribe fragility⁽¹³⁾, may, paradoxically, be a sign of the importance they attach to the strengthening of being together and of the collective, in addition to the ethics of aesthetics⁽¹²⁾, valuing the "feeling together".

Lack of more exercise and leisure

One of the participants reported that lack of physical exercise and leisure is a factor that limits their day to day, making it difficult for them to be healthy, as we can observe in their speech:

[...I lack more physical exercises, leisure. (Elastic Woman).

People commonly have different demands on their daily lives, which can hinder performing other activities that are also fundamental to a healthy living, such as physical exercise, leisure and pleasure.

That factor may relate to the centrality that is given to work⁽¹⁴⁾, which is a priority in the lives of many people, which often leads to the reduction of free time, as illustrated by the popular saying: "first work, then the leisure". That notion is very present in modernity, in a thought that encourages the postponement of pleasure and enjoyment for tomorrow, because today the obligation is necessary⁽¹¹⁾, demonstrating that in the social set of postmodernity there are still vestiges of a way of thinking, in which "the true life is for later"^(12:19).

The excess

Excess of daily tasks

Five workers pointed out the excess of daily tasks as a limit of their daily life, as reported by the statements:

We do a lot of thing at the same time, it is all too fast, the modernity, and when we see, a lot of time has elapsed. (Vampire).

[...everyday is all too fast and...a lot of things we to do reduce the time we have to do other things. (Crystal).

Here, we can observe the instantaneousness and simultaneity of the contemporary period⁽¹⁴⁾, which, coupled with the demand for activities and the accelerated pace of life of people⁽²⁾, becomes a limitation in individuals' everyday life, contributing to increased stress and, consequently, the emergence of diseases.

We consider that the excess of demands imposed by the instituted power harms the institutional power, the desire to be together, the intensity of the moment and the joy of wanting to live the here and now⁽¹²⁾.

Excessive working hours

Two participants reported that excessive work hours, as well as work itself, are the limits in their daily lives, as follows:

The right thing would be getting involved six

hours with the work, continuously, even if we had a brake of ten, fifteen minutes, twice in that period, I do not see any problem at all, but I would have more time to develop other things. I would do things I left behind, things that interfere a lot. (Wolverine).

O trabalho é o principal problema, mas não o fato de vir ao trabalho, mas é aqui onde tem a maior probabilidade de estresse. De ter estresse no meu dia a dia, porque não é o momento que eu estou em casa descansando, nem o momento que eu estou com a minha cachorra, ou com a minha família, ou com o meu namorado. (Ravena).

While work plays a fundamental role in people's lives, it can also be a major cause of mental and physical suffering⁽¹⁵⁾. This can occur because of the limitations that the institution imposes on the individual, preventing their self-realization and, consequently, reducing their happiness in daily life, referring to institutional and totalitarian violence⁽⁸⁾.

People spend an average of nine to ten hours a day at work, if we take into account the workload (eight hours a day) and the time to move from home to work and work to home (average one to two hours in the traffic). We can say that this period we spend at work added to the time for other essential activities of daily life (sleeping, eating, going to the supermarket, bathing, etc.) hinders performing other tasks people consider important, such as practicing physical activity, staying with the family, doing manual work, going out with friends or just doing nothing ("being idle").

Work's world, by "kidnapping" the person from other activities and living with his/her friends and family, undermines the willingness to live together, present as demand in the postmodernity⁽¹¹⁾, and significantly reduces individual, free and social time.

Laziness

One of the participants pointed out the laziness as a limit in their daily life, demonstrated by the following speech:

Laziness, too. Sometimes, I get home, sit on the couch, and stay there, vegetating. (Black Widow).

We consider reflecting on the laziness here reported important, because all people need a moment of pause and a time for themselves. We emphasize the relevance of the vents in our lives⁽¹⁾, that is, the moments in the day-to-day in which we perform pleasurable activities (the small joys of daily existence), renewing our energies and enjoying the daily life where "when nothing is important, everything matters!"^(12:35). Laziness may possibly become harmful, when it hinders or harms us in the performance of our daily activities essential to our living and living together. On the other hand, we can ask: laziness or exhaustion from working so hard?

Gluttony

One of the participants reported that gluttony is a limit present in their daily lives, harming their being healthy, as revealed below:

[...of course there are things that, I am greedy, I love to eat, it hampers a bit, but I control myself. (Miss Marvel).

Excessive feeding leads to the accumulation of body fat at a level that affects the person's health, resulting in some metabolic changes, besides being a risk factor for the onset of chronic diseases, especially obesity⁽¹⁶⁾. For this reason, having a balanced diet is essential to stay healthy.

However, it is not always easy because, due to people's fast pace of life⁽²⁾ and the excess of daily demands, they often surrender to the convenience of fast food, which usually have high-calorie foods and seasoned. Therefore, it is necessary to rethink what we consume and how much we consume.

Traffic

Participants also mentioned traffic as a daily limit, as we can see below:

What stresses me most is the traffic, for instance, leaving home and coming here, and going back through traffic jams. (Wonder Woman).

The problems caused by traffic have a great impact in relation to both the environment as the public health perspective⁽¹⁷⁾, being the result of an increasing urbanization. That progressive

urbanization has brought some problems for contemporary cities, with traffic being one of the most visible, transfiguring urban mobility in immobility.

People often spend hours in gigantic queues to get to their homes after a long day at work or are often late to various appointments because of traffic. That "lost" time in traffic jams contributes to physical and emotional exhaustion, affecting people's quality of life⁽¹⁸⁾. That context puts us face to face with another paradox, because the traffic is able to contribute to the sickness by both the high speed, crowding hospitals, ICUs and rehabilitation centers, being able to even kill, as by its stagnation, raising the stress level in everyday life⁽¹⁾, emphasizing that, in both situations, the encounter with death is not an uncommon situation.

Thus, we realize the importance of focusing the routine on care, because "ways of living indicate ways to care for us"^(19:268) and possibilities to promote workers' health by transfiguring the limits of daily life into potencies to promote the healthy being.

FINAL CONSIDERATIONS

It was possible to understand some limits for the Health Promotion present in the daily life of workers who work in the scope of Primary Care.

The limits of daily life, for Health Promotion, pass between lack and excess, being

pluralized and relativized. Lack of time and time management, lack of companionship, lack of exercises and leisure. On the other hand, there is excess: of daily tasks, workload, of work in general, appearing, in a counterpoint, laziness and gluttony. In addition, there is the traffic that, by excess, leads to lack of mobility.

Most participants pointed out the excess of daily tasks as the main limit of the day-to-day, followed by the lack of time, lack of time management, excessive workload and the traffic. When we think over those dimensions, we realize that there is a connection between them, because the time we spend at work and in traffic, associated with the excess of daily tasks, reduces the time we have to devote ourselves to other dimensions of living, so necessary and pleasurable. Thus, managing time is also challenging and fundamental to contemplate the demands of everyday life and enjoy life.

We emphasize the importance of carrying out reflections and effective actions for Health Promotion, considering, in care, the routine, with its limits and possibilities to be transfigured by the power of the human being, contributing to develop people skills, strengthen the collective, collaborating, finally, to reorient health services and public policies, having as a guideline the creation of healthy environments, when rethinking the contemporary way of life, where, perhaps, it is necessary to prescribe time: for oneself, for the other and for be healthy!

O QUOTIDIANO DOS TRABALHADORES DA ATENÇÃO BÁSICA: LIMITES PARA A PROMOÇÃO DA SAÚDE

RESUMO

Trata-se de pesquisa qualitativa, exploratória descritiva, com objetivo de compreender os limites do cotidiano para a Promoção da Saúde dos trabalhadores. Participaram da pesquisa 18 trabalhadores de um Centro de Saúde no sul do Brasil. A coleta de dados foi realizada, durante os meses de abril e maio de 2014, por meio de entrevistas semiestruturadas, tendo como questão norteadora: "Quais os limites do cotidiano para a promoção da saúde dos trabalhadores que atuam na Atenção Básica?" A análise dos dados foi feita à luz das noções e dos Pressupostos Teóricos e da Sensibilidade de Michel Maffesoli. Como resultado, encontramos algumas dimensões que expressam os limites do cotidiano em seu contexto geral de vida, envolvendo a falta e o excesso. Falta ter tempo e saber administrar o tempo; falta de companheirismo; falta fazer mais exercício e ter mais lazer. Dentre os excessos identificamos: excesso de tarefas diárias; trânsito; trabalho com carga horária excessiva; preguiça; gula. Enfatizamos a importância das reflexões e ações voltadas para a Promoção da Saúde do trabalhador em seu cotidiano, considerando-se no cuidado os limites como possibilidades a serem transfigurados pela potência do ser humano, contribuindo para a criação de ambientes saudáveis.

Palavras-chave: Atividades cotidianas. Saúde do trabalhador. Promoção da saúde. Enfermagem.

EL DÍA A DÍA DE LOS TRABAJADORES DE LA ATENCIÓN PRIMARIA: LÍMITES PARA PROMOVER LA SALUD

RESUMEN

Es un estudio cualitativo, exploratorio, descriptivo, con el objetivo de comprender los límites de la vida cotidiana para la Promoción de la Salud de los trabajadores. Los participantes fueron 18 trabajadores de un Centro de Salud en el sur de Brasil. La recolección de datos se llevó a cabo durante los meses de abril y mayo de 2014, a través de entrevistas semiestructuradas, con la pregunta guía: "¿Cuáles son los límites de la vida cotidiana para promover la salud de los trabajadores que trabajan en la Atención Primaria?" Análisis de los datos se hizo a la luz de los conceptos y Supuestos Teóricos y de la Sensibilidad de Michel Maffesoli. Como resultado, hemos encontrado algunas dimensiones que expresan los límites diarios en su contexto general de la vida, que implican la falta y el exceso. Falta de tiempo y saber cómo administrar el tiempo; falta de compañía; falta de más ejercicio y tener más tiempo libre. Entre los excesos identificados: el exceso de tareas diarias; tránsito; trabajar con excesiva carga de trabajo; la pereza; gula. Hacemos hincapié en la importancia de las reflexiones y acciones hacia la promoción de la salud de los trabajadores en su vida diaria, teniendo en cuenta el cuidado de los límites como las posibilidades de ser transfigurados por el poder del ser humano, lo que contribuye a la creación de ambientes saludables.

Palabras clave: Actividades cotidianas. Salud laboral. Promoción de la salud. Enfermería.

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