

EVERYDAY LIFE AS A SCENARIO IN HEALTH RESEARCH

He wakes up, puts his slippers on, goes to the kitchen and heats up water for the coffee. Goes to his son's room and wake him up, and gets ready. Now the day began. Father and son eat while watching the morning news. Some days it's bread and coffee, there are days there is milky cookies with coffee, sometimes there is milk, almost never. They leave, without brushing their teeth, the rush is such that there's not eventime to pee in the morning. That's the routine. Every day he does the same thing, like sang Chico Buarque.

By analyzing this short story, it can be noticed a daily practice of important influence on the development of possible health problems. The habit of not brushing your teeth when you wake up for example, is a significant factor for tooth decay, or even, the daily habit of holding urine in the morning, contributes to the development of urinary tract infection. These little daily actions, are often considered so superfluous or trivial that need to be observed and thought about more closely by health professionals in order to promote more effective action according to the reality of each person.

It is noticed that the theme "everyday life" has been increasingly discussed in the nursing scientific production. However, it appears often, superficially to designate the routine of professional practice, of the service or social-familiar relationships of sick people, without reflecting the essence or the possibilities of its use. The decontextualized use of everyday life can be characterized as a mistake, since it does not reflect the fullness of this place.

In this sense, then it is wondered **what is the everyday life?** It is the place where the individual and collective life of the people happen at the same time. It is where the know-how, know-how to tell and the know-how to live of each person IS build. It is a space in which there are healthy social-familiar interactions or not, care actions, unveal, ornot of care. It is where lifestyle is build and implemented, the habits, behaviors, concepts, beliefs, values, meanings, culture, symbols and choices of human beings, and this building is through the relationships and interactions with others. That means that the phenomena that shape the process of healthy living, of illness and death happen every day; on what is considered trivial and common⁽¹⁾. Precisely there, in our day-to-day, in the family, in our cherished home, may be the source of so many illnesses.

Therefore, it is posible to affirm that the everyday life is an important research in the health field. For that reason there is a need to demystify it as a knowledge area, recognizing it as appropriate and efficient in understanding how each person experiences the process of living and falling ill, and how the choices and behaviors on that experience happens.

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