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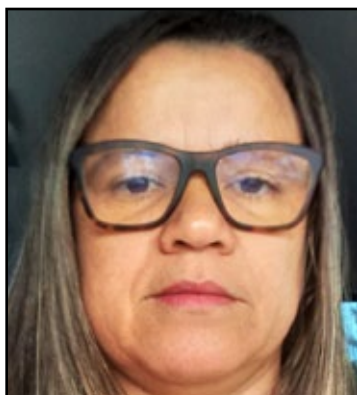
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Continuing Health Education, quality of health and healthy aging in school: an exploratory research

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ABSTRACT

This research intention is to contribute to the maintenance of quality of life during the aging process of workers of a technical school. **Aim:** To use continuing health education as a tool for the development of the theme regarding quality of life in the healthy aging process. **Method** This is descriptive-exploratory, research-action, with a qualitative methodological approach research. Semi-structured questionnaires and the observation of educational groups will be used to collect data. Inclusion criteria: to work in the language centre or in the computing centre. Exclusion criteria: employees who are currently in any kind of leave of absence, including annual holiday leaves. The information collected through the questionnaire will be interpreted according to Bardin's Content Analysis method. The remaining stages will be analysed using Paulo Freire and Permanent Health Education Policy (Política Nacional de Educação Permanente em Saúde) theoretical frameworks. Subsequently, the results will be presented to the employees, allowing them to ponder over the importance of continuing education for having life quality during the aging process.

Descriptors: Faculty; Workers; Education, Continuing; Quality of Life; Health Promotion.

PROBLEM SITUATION AND ITS SIGNIFICANCE

This research was performed because physical education, combined with other health habits, promotes health during aging stages.

The reality regarding longevity is inescapable: by 2020, the elderly population will be of approximately 31 million people, corresponding to 14% of the entire Brazilian population⁽¹⁾. A research of this nature is necessary for the identification of ways and possibilities of health promotion for school employees, once they are the future elderly population.

For this to happen, the school must adopt the Permanent Health Education Policy (PNEPS), as it is a recent subject which is under a process of continuous development, expanding knowledge and reinforcing the multidisciplinary staffs⁽²⁾, who exist not only in the Single Health System (SUS), but also in schools. PNEPS is in line with awareness, which, in Paulo Freire's perspective, is a reflexive act of having a critical eye, product of the dialogical practice experienced by employees at work. This process ends in a critical reflexion about actions, and allows the development of a new knowledge; this is the transformation tool suggested by Permanent Health Education (EPS).

It is based on the questioning of real situations experienced by the research subjects. Freire's thinking⁽³⁾ is based on creating knowledge able to answer the questions that belong in the universe of experiences and concepts of the ones learning and that generate new questions about the being and its actions in the world. In view of this context, the aim of this study is to use PNEPS, in the field of education, with the employees, as a tool for the development of the theme: life quality in

the healthy aging process. The intention is to provide, in the light of Freire's thoughts, the coexistence of employees through workshops, which have as main tool the horizontal dialog about this current and important theme: being able to live longer while having health quality in the process of healthy aging.

ASSUMPTION

The employees have doubts concerning quality of health in the process of healthy aging; the EPS proposal regarding the process of healthy aging is not jointly developed in school; the employees are not preparing themselves to get older.

AIMS

To use the ESP as a tool for the development of the thematic goal: quality of health in the process of healthy aging; to identify, with the school employees, the real needs and possibilities regarding ways for healthy aging; to suggest creative and adequate methods to the employees' social and economic reality, that can be developed in the study scenario, aiming a healthy aging; to develop strategies agreed with these employees to introduce the EPS to the school and, with this, enable its use in the school field, instigating new investigations.

METHOD

This is descriptive-exploratory, research-action, with a qualitative methodological approach research. Data collection will happen in the study scenario Technological Vocational Centre (Centro Vocacional Tecnológico - CVT)

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of Marechal Hermes, located in the city of Rio de Janeiro, RJ. The centre has three state technical schools and several Training Centres, which together employs 2000 workers.

In this research were included 18 employees of the language centre and 23 of the computing centre, totalling 41 employees. They were chosen due to their demand at the Workplace Exercise Workshop offered by a physical educator during a symposium held by the institution, the theme of which being "Conference for quality of health of the school employees". Employees who will be in any kind of leave of absence (including annual holiday leaves) during the research period will be excluded from the study.

Data collection will happen in two stages. In the first stage, expected to happen in October of 2016, there will be used questionnaires formed by five open questions and nine closed questions. The purpose is to answer to the suggested aims and to relate them to the benefits of healthy aging provided by physical activities. The data obtained in this stage will be analysed according to Bardin's perspective and will be used for reflection activities in the workshops. In the second stage, expected to happen from December of 2016 to February of 2017, educational groups activities of continuing education will happen, using active methodologies such as questioning, based on the theme: quality of health in the process of healthy aging. The groups will be established with the school board and will be conducted based on Paulo Freire's and PNEPS theoretical framework in order to suggest creative and innovating solutions for the difficulties found

by the group participants during work. The comments will be transcribed immediately after the meetings and analysed under the light of Paulo Freire's and PNEPS theoretical framework. This study was approved by the Medical School of Universidade Federal Fluminense (Fluminense Federal University) research ethics committee under ruling nº 1.661.202 of 02/08/2016.

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