METODOLOGIAS ATIVAS NA FORMAÇÃO MÉDICA: ENFOQUE NA ANATOMIA HUMANA – UMA REVISÃO DE LITERATURA

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Introdução: Às metodologias ativas têm se destacado na formação médica, especialmente no ensino de anatomia humana, por colocarem o estudante como protagonista e tornarem o aprendizado mais dinâmico e eficaz. Esta revisão visa explorar as principais metodologias ativas utilizadas na área, destacando seus benefícios e os desafios de sua aplicação. Objetivos: Explorar o uso de metodologias ativas no processo de ensino-aprendizagem da Anatomia Humana na educação médica, com ênfase em estratégias de aprendizagem baseada em casos, sala de aula invertida e aulas práticas focadas na identificação de estruturas naturais. Metodologia: Trata-se de uma revisão de literatura realizada na Biblioteca Virtual em Saúde (BVS), no período de abril de 2020 a abril de 2025. Utilizaram-se os descritores *"Anatomy", "active learning", "medical education"* e *"simulation"*, combinados com operadores booleanos. Foram incluídos estudos disponíveis em inglês, português ou espanhol, com texto completo e acesso gratuito, publicados no intervalo definido. Excluíram-se revisões de literatura, priorizando estudos com dados primários. Após a triagem inicial de 390 publicações, 35 atenderam aos critérios de inclusão e compuseram o corpus da análise. Discussão: As metodologias ativas, como o uso de recursos digitais, questionários interativos, realidade virtual, jogos educativos, debates de casos clínicos, utilização de massinha de modelar para simulação de cortes anatômicos e dissecação de órgãos suínos, demonstram eficácia no ensino de Anatomia Humana ao superar as limitações das aulas teóricas. Tais estratégias ampliam o engajamento, interação e protagonismo do discente, favorecendo a aprendizagem por meio da construção ativa do conhecimento. No entanto, a implementação dessas metodologias enfrenta desafios como a infraestrutura inadequada, a conservação e transporte de peças anatômicas, além dos custos com tecnologias digitais e o acesso restrito à internet em muitas instituições.

Conclusão: As metodologias ativas são uma abordagem eficaz no ensino de Anatomia Humana, pois promovem maior engajamento dos estudantes e facilitam a compreensão de conteúdos complexos, contribuindo para uma formação médica mais significativa e alinhada às demandas atuais. Apesar das barreiras, sua superação é essencial para um ensino mais eficaz e imersivo.

Palavras-chave: Anatomia; Aprendizagem Ativa; Educação Médica; Simulação

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