

RESUMO - RELATO DE EXPERIÊNCIA

HARMONIZING HEALTH: AN INNOVATIVE ACTIVE MUSIC METHODOLOGY FOR SEPSIS AWARENESS AND HEALTH PROMOTION IN PRIMARY CARE COMMUNITIES

Dra. Naila Albertina De Oliveira (nailaa.oliveira@gmail.com)

Marcio Cristiano De Melo (marcio.melo@slmandicararas.edu.br)

Brenno Belazi Nery De Souza Campos (brenno.campos@slmandic.edu.br)

Nathalia De Moraes Lébeis Nery (nathalia.nery@slmandicararas.edu.br)

Introduction: This project aimed to increase sepsis awareness and promote health literacy using an innovative active music methodology in primary care settings. The initiative aligns with broader health promotion goals, emphasizing preventive measures and early intervention strategies. Methodology: A community outreach program was developed in collaboration with primary care clinics in a mid-sized urban area. The program utilized active music methodology, incorporating educational lyrics about sepsis symptoms, prevention, and early intervention into popular music genres, alongside broader health promotion messages.

Weekly workshops were held in community centers, schools, and primary care waiting rooms over six months. Participants engaged in creating and performing songs about sepsis and general health topics, facilitated by healthcare professionals, public health educators, and music educators. The application of active music creation as a tool for comprehensive health promotion in primary care settings is innovative, actively engaging patients and community members

in content creation. Key lessons included the effectiveness of integrating specific health topics with broader primary care messages, the importance of culturally adaptive approaches, and the power of peer-to-peer education through music. The methodology proved effective in increasing sepsis awareness and health literacy. Results and Discussion: Post-intervention surveys showed a 40% improvement in sepsis knowledge and a 30% increase in reported preventive health behaviors. Healthcare providers reported increased patient engagement and more informed discussions during consultations. The program also led to a 25% increase in timely primary care visits for early signs of infection. Challenges included the need for ongoing staff training and balancing the program with clinical workflows. The success highlighted the potential for integrating innovative health promotion strategies into routine primary care practices. Conclusion: This approach demonstrates the potential of integrating creative arts with primary care initiatives, making health education more engaging and contributing to community empowerment, improved health literacy, and enhanced patient-provider communication.

Palavras-chave: health education; simulation; professionalism.