

RESUMO - COMPROMISSO SOCIAL DO MÉDICO CATÓLICO

MEDICAL EDUCATION AND SPIRITUALITY: IMPACT OF EXTENSION ACTIVITIES ON STUDENT DEVELOPMENT — AN EXPERIENCE REPORT

Ludymilla Rodrigues (ludymilla.rodri@gmail.com)

Karolina Vitória Loze Villela (karolinaloze@gmail.com)

Fabline Ribeiro Amorim (fabamorim2019@gmail.com)

Natália David Santos (natalliads@gmail.com)

Adriane Ferreira De Brito (adriane.brito@docente.unievangelica.edu.br)

Introduction: Medical education has expanded beyond technical and scientific competencies, incorporating humanistic and spiritual dimensions into healthcare, often influenced by Christian values such as compassion and love for others. In this context, extension activities provide opportunities for students to experience these principles through empathy, active listening and comprehensive care. **Objective:** To report the impact of extension activities on medical education, with emphasis on spirituality, humanization and the development of Christian values. **Methods:** This is a descriptive experience report based on the participation of a medical student in multiple extension projects between 2024 and 2026. The activities included missionary actions, playful interventions in hospital settings and healthcare assistance for socially vulnerable populations, involving home

visits, clinical care and recreational activities. Results: The experiences demonstrated that medical practice extends beyond technical aspects, requiring active listening, sensitivity and openness to the spiritual dimension of patients. In addition to the impact on those assisted, a significant transformation was observed in the student. Continuous exposure to suffering, faith and resilience contributed to the strengthening of personal spirituality, expansion of the sense of mission and development of values such as solidarity, charity and commitment to others. Furthermore, there was increased awareness of the importance of comprehensive care, recognizing spirituality as a relevant component in the health-disease process. These experiences fostered a more sensitive, critical and humanized professional formation, guided by Christian values, directly influencing the understanding and practice of medicine. Conclusion: Extension activities had a significant impact on medical education, promoting the development of humanistic and ethical competencies. The integration of clinical practice and spirituality contributes to the training of more empathetic and committed professionals, capable of providing comprehensive, patient-centered care.

Palavras-chave: extension activities; spirituality; medical education.