

The profile of women who undergo the preventive examination at the university office at the University Veiga de Almeida from October 2018 to October 2019

El perfil de las mujeres que se someten al examen preventivo en la oficina universitaria de la Universidad Veiga de Almeida desde octubre de 2018 a octubre de 2019

O perfil das mulheres que realizam o exame preventivo no consultório escola da Universidade Veiga de Almeida no período de outubro de 2018 a outubro de 2019

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Introduction: Due to the current changes in the population's lifestyle, there has been a significant change in the epidemiological profile of women. Worldwide, breast and cervical cancer are the main causes of morbidity and mortality among the female population. Estimates of the incidence of breast cancer in the year 2018 are 59,700 new cases representing 29.5% of cancers in women and 16,370 new cases of cervical cancer, representing 8.1% of cancer cases.¹ In Brazil, the oncotic Pap smear test is used as the main strategy in the detection and prevention of cervical cancer. The exam aims to detect cell changes in the cervix that can lead to the occurrence of lesions indicative of cancer. This exam is the main way to detect lesions early and diagnose the disease in its initial stage before there are symptoms in the woman.² According to Law No. 7498/86, which regulates the practice of nursing, it is established as one of the nurses' competences to carry out the collection of preventive exams, in addition to contributing to educational activities, disclosing, for example, prevention methods and risk factors.³ The Ministry of Health's recommendation for cervical cancer screening is to perform oncotic colpocytology in sexually active women, giving priority to the age group between 25 and 59 years old.⁴ Since October 2018, Veiga de Almeida University, Cabo Frio campus, offers the collection of preventive exams in its school office, where students accompanied by responsible teachers serve women from the region's community. In addition, the delivery and reading of exams, guidance and, if necessary, referral is made, in case there are cell changes in the analyzed material.

General Objectives: Describe the profile of women who undergo the preventive examination in the office of the Veiga de Almeida University campus Cabo Frio, using data on occupation, age, marital status, and year of the last preventive examination.

Specific objectives: Identify the characteristics of the women attended at the university office at the Veiga de Almeida University, Cabo Frio campus; determine the profile of women who undergo preventive examination; to compare the mean age of the women attended and the frequency with what the Ministry of Health recommends for the performance of preventive.

Methodology: This research is descriptive, with a qualitative and quantitative approach. The study setting was the medical records used in the nursing office at the Universidade Veiga de Almeida (UVA) on the Cabo Frio campus. Data collection took place from October 2018 to October 2019. The research used medical records of women from the Cabo Frio community who perform preventive collection at the UVA. The data used were age, occupation, marital status, and year of the last preventive, taken from the records of the nursing office. Data analysis took place in November 2020, and through categorization. As inclusion criteria, women over 18 years of age with an active sexual life and exclusion was determined not to use the medical records with the lack of two or more specific data. Of the 64 records collected, only 58 were legible. The research is guided by Resolution of the National Health Council (CNS/MS) No. 466 of 2012, since it involves the study of human beings and was sent to the Brazil platform.⁵



Result: In the period from October 2018 to October 2019, 58 medical records were collected from the school office of the University Veiga de Almeida Campus Cabo Frio. The results were divided into four (4) categories: age group, marital status, occupation, and year of the last preventive performed. In category 1, the women's age ranged from 21 to 63 years. The average age was 39 years. In addition to the average, the age mode was 46 and 47 years old, representing the most recurrent ages in the survey. The ages were divided by frequency of age group from 20 to 29 years old, being 31%, from 30 to 39, being 17%, from 40 to 49 years old, 36%, from 50 to 59 years old, 14%, and above 60 years old, representing 2%. The predominant age group was between 40 and 49 years old. It was found that, according to what the World Health Organization (WHO) recommends, where the collection of preventive exams should be offered to women between 25 and 64 years old and who have already had or have an active sexual life, so they are inside of the recommended age group.⁶ Only 16% of the women in the study were outside the recommended age range for the preventive examination, corresponding to 9 women aged 21 to 24 years. Data found in a similar study, most preventive exams were performed by women aged 20 and 59 years, where most were in the reproductive phase and, for this reason, they certainly portray the greater demand for preventive exams.⁷ In category 2, the profile according to the marital status of women was analyzed. In this category, single women represented the majority (45%), married 41%, divorced 7% and widows 5%. According to the results of category 2, single women predominated, representing 45%. However, these results diverge when compared to other three studies conducted in 2013 and 2014, where the predominance of women who performed the preventive examination were married women or women with a stable relationship. It is observed that women without a steady partner (single, widowed and divorced) was 57%.^{8,9} Previous researches^{9,10} pointed out as a risk factor for cervical cancer the sexual behavior of women, with a greater number of partners and greater chances of developing precursor lesions of HPV infection. Thus, women without a steady partner in the study conducted at the University's office, revealing themselves as the majority (57%), can be evidenced due to the increased interest and concern with the health and personal care of single, divorced, and widowed women. However, there are controversies regarding the marital status data due to the numerous social transformations and new family arrangements. Marital

status and demand for health services may not show any association, agreeing with other studies carried out where studies diverge due to culture and social behavior.^{11,12} In category 3, women in the household were 16%, followed by a teacher with 12% and a student with 10%. In this category, women who did not inform the type of occupation represented 19% and other less frequent occupations represented 42%, directly influencing the final results of the survey. From the analyzed results, it is noted that the type of occupation can interfere in the search for the examination, as often the work routine and the lack of adequacy of care provided by health services may not meet the needs of the style of contemporary women's lives.¹³ According to Levorato *et al.*¹⁴, the discussion between flexible working hours and the demand for health care is a factor that influences the greater demand for workers who do not have hours established in the contract. Based on this knowledge, women in the household, as they have more flexible hours compared to other working classes, seek more health services. In category 4, in relation to the results about the year of the last preventive performed, on the distribution by period between one preventive and another, it demonstrates that most women (59%) underwent the exam with a period of 1 to 2 years, and 7% did it in the same year. Only 21% of women took more than 2 years and 14% did not remember the year of the last preventive. Regarding the frequency of preventive examination, the study revealed that 95% of women had already undergone the examination before and only 5% had never done it. Therefore, the results show that most women performed the collection within the period recommended by the Ministry of Health, once a year, and in cases of two tests with negative results, the test should be performed every three years. This result can be explained by the increase in coverage and by greater disclosure about the importance of taking the test in recent years.

Conclusion: As for the profile of women, they are within the age range established by the Ministry of Health. The average age was 39 years, it is within the standard, where single women and households predominated, the collection time is recommended according to the Ministry of Health, thus, knowledge about the profile of women who perform preventive care allows us to recognize the existing demand for the search for preventive exams, and thus, implement strategies that reach the target audience in the health care of women who use the services of the university's school office.

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