

**Present Father Project: the extensionist experience in valuing paternal care***Proyecto Padre Presente: La experiencia extensionista en la valoración del cuidado paterno**Projeto Pai Presente: a experiência extensionista na valorização do cuidado paterno***Amanda Oliveira Macena de Santana<sup>1</sup>**

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Executive Editor: Kátia dos Santos Armada de Oliveira**Submission:** 12-01-2021**Approval:** 01-19-2022**Abstract**

The aim is to report the experiences of activities related to the extensionist practices of the extension project "Pai Presente" - project linked to the Nursing course of a university in the State of Rio de Janeiro (RJ). This is an experience report, referring to the period from 2019 to 2021. The activities were aimed at promoting the health of the child by encouraging the participation/inclusion of the father/stepfather in the health services. The results indicate that the extensionist practices provided reflections on the importance of the father figure in the well-being of the child, not only for the families, but also for the academic formation of the students who participated in the project. The project has contributed to increasing society's visibility on the importance of the father's proactive participation in the lives of his children.

**Descriptors:** Paternity; Nursing; Community Extension; Teaching; Family.**Resumén**

El objetivo es relatar las experiencias de actividades relacionadas con las prácticas extensionistas del proyecto de extensión "Pai Presente" - proyecto vinculado a la carrera de Enfermería de una universidad del Estado de Rio de Janeiro (RJ). Se trata de un relato de experiencia, referente al período de 2019 a 2021. Las actividades tuvieron como objetivo la promoción de la salud del niño fomentando la participación/inclusión del padre/padrastro en los servicios de salud. Los resultados indican que las prácticas extensionistas aportaron reflexiones sobre la importancia de la figura paterna en el bienestar del niño, no solo para las familias, sino también para la formación académica de los estudiantes que participaron del proyecto. El proyecto ha contribuido a aumentar la visibilidad de la sociedad sobre la importancia de la participación proactiva del padre en la vida de sus hijos.

**Descriptoros:** Paternidad; Enfermería; Extensión Comunitaria; Enseñando; Familia.**Resumo**

Objetiva-se relatar as experiências de atividades relacionadas às práticas extensionistas do projeto de extensão "Pai Presente" – projeto vinculado ao curso de Enfermagem de uma universidade no Estado do Rio de Janeiro (RJ). Trata-se de um relato de experiência, referente ao período de 2019 a 2021. As atividades foram voltadas para a promoção da saúde da criança através do incentivo à participação/inclusão do pai/padrastro nos serviços de saúde. Os resultados indicam que as práticas extensionistas proporcionaram reflexões sobre a importância da figura paterna no bem-estar da criança, não apenas para as famílias, mas, também para a formação acadêmica dos estudantes que participaram do projeto. O projeto vem contribuindo para o aumento da visibilidade da sociedade sobre a importância da participação proativa do pai na vida dos filhos.

**Descritores:** Paternidade; Enfermagem; Extensão Comunitária; Ensino; Família.

practice, prenatal care, for example, rarely addresses the presence of the partner. In 2018, the Ministry of Health launched the Partner's Prenatal Guide for Health Professionals. The document contextualizes the importance of men's conscious and active involvement in sexual and reproductive health and in solidary participation in pregnancy, childbirth, care and education of children. The National Policy for Integral Attention to Men's Health (PNAISH), which precedes the Guide, superficially addresses the issue, stating the need to make men aware of their duty and right to participate in reproductive planning, without proposing any strategy for the reach of this objective<sup>8</sup>.

Even with the growth of public policies related to the topic, it is still necessary to advance in the inclusion of paternity as a topic studied in the curriculum teaching in the context of the training of health professionals and in encouraging the participation of men in the effective monitoring of the lives of their children.

The objective of this article is to contribute to the construction of knowledge about paternity, describing in a contextualized way the extension actions developed by the Present Father project.

### **Methodology**

The methodology used refers to the experience report, describing the activities that were carried out by the extension project "Present Father" - linked to the Nursing course of a university in the State of Rio de Janeiro in the years 2019 to 2021. The project has with the participation of four fellows/volunteers, a teacher and the coordinator of the project, in which they develop activities aimed at implementing actions to promote the health of the child through the participation/inclusion of the father/stepfather in the health services in the first thousand days of the child (from pregnancy to the second year of life).

The activities are carried out through intersectoral actions and educational actions for professional training, such as educational groups, nursing offices, production of didactic material, courses and workshops and study groups. For didactic purposes, the activities were chronologically described in two moments: the situation prior to the context of the COVID-19 pandemic, in which the activities were carried out in the physical space of the Faculty of Nursing and in a health unit in the city of Rio de Janeiro. In the second moment, we describe the performance of activities in the context of Emergency Remote Teaching, with adaptation of the project to work through digital, institutional platforms and also through social media.

### **Experience Report**

The experience report was divided into three discussion sections, they are getting to know the extension project, experiencing the extension project and challenges of the extension project during the COVID-19 pandemic.

### **Getting to know the extension Project**

University extension can be defined as a set of actions that have a social, educational, scientific, cultural and technological character, aimed at producing knowledge

## **Introduction**

Social relationships are part of the process of human civilization and in this context, the first social group that the human being is part of is the family nucleus. Through the family we learn how to live in society, through its ethical, moral, cultural and religious values<sup>1</sup>. However, due to the social and economic transformations that took place in the 20th century, the family has been increasingly conceptualized taking into account issues that go far beyond biological aspects, enabling greater plurality and diversification of family arrangements<sup>2</sup>.

Historically, during the colonial period, the family pattern was characterized by the patriarchal model, with the man as provider and head of the family. In the period marked by slavery and rural production, marriages based on economic interests prevailed. The division of tasks, especially household chores, the care and education of children, were delegated to the mother figure<sup>3</sup>. This model represented a social organization in which the man was seen as the main authority of the family, exercising orders for the other members of his family nucleus.

However, in this context, women were hierarchically subordinated, often with their role restricted to childcare and household duties<sup>4</sup>. From the 1960s onwards, with the consolidation of the feminist movement and the questions related to gender inequalities, new forms of social organization emerged among families, incorporating other attributions for women, enabling new models and family arrangements. In this way, the father figure was required to be more involved with household chores and especially a more active participation in the care and education of their children, as a right of the father as well<sup>5</sup>.

In parallel with changes related to society's ways of life, there was also a need for changes in the political situation in the country. In the Brazilian context, child health care received the first investments in health aimed at reducing maternal and infant mortality. Such programs are referred to, in the scientific literature, as started in the 1940s, still linked to the National Department of Health of the Ministry of Education and Health (MES), such as the extinct National Children's Department (DNCr), passing through other current programs guided by the principles of the Child and Adolescent Statute (ECA), as a guarantee of constitutional right<sup>6</sup>.

The guidelines resulting from the International Conference on Population and Development in Cairo, in 1994, and from the Fourth World Conference on Women held in Beijing, emphasized the need to include men in Sexual and Reproductive Health programs<sup>7</sup>. They claimed that the existing gender inequality in society gives men greater power to the detriment of women in negotiating and deciding on the form and frequency of sexual relations. Therefore, they play a fundamental role in the sexuality and reproduction of the couple.

Despite the aforementioned international guidelines, little has been observed of change in public policies on sexual and reproductive health in Brazil. Most of them are related to the female population stratum. In



aimed at meeting demands and generating changes both in institutions and in social groups, whether through projects, programs, courses, workshops and events<sup>10,11</sup>.

Despite the insertion of proposals and policies, the role of man in society still requires changes, especially in recent decades, from which structural changes are visible. The “condition” of a father has progressed, but it is still in a great process of change, due to the cultural, social and family transformations that arise<sup>12</sup>. In terms of training, there is a need to implement proposals and opportunities for discussion to improve the construction of critical and reflective thinking focused on the paternity theme. The university extension is a path that enables, together with the academic community, where culturally, health policies are already discussed, in a consolidated way, from the maternal and child perspective.

In 2005, Law No. 11,108 was passed<sup>13</sup>, in which public and private health services are obliged to allow the presence, together with the parturient, of a companion during the entire period of labor, delivery and the immediate postpartum period. In 2016, the Ministry of Health launched the “Partner’s Prenatal Guide for Health Professionals” which highlights the importance of fatherhood and highlights the dissemination of positive images and messages about fathers and fatherhood, recognizing the importance of the role of fathers to the socialization and education of children, qualification of health workers to involve partners from the pregnancy test to partner participation in all stages of pregnancy, including prenatal consultations and birth<sup>14</sup>.

From the questions about the effective paternal participation as the protagonist of the process of pregnancy, childbirth, birth and monitoring of the children, the proposal of construction and implementation of the extension project “Pai Presente” emerged, which aims to: promote incentive and visibility to the active paternity, strengthening partnerships between the health service and the university in the promotion of child/family health; to train health and nursing managers and professionals on the inclusion of the partner in the pregnancy-puerperal cycle; to offer the graduating a critical and reflective view on gender equality; to enable the academic to experience in the implementation of actions of inclusion of the father/stepfather; to develop technical competence supported by the scientific bases on paternity in undergraduates and to produce knowledge about the subject through the experiences arising from the project and dissemination in scientific events and publications. Having as a work proposal to articulate teaching, research and extension.

The approach to the theme emerged from the study “Attention to pregnant adolescents in the SUS network - the reception of the partner in prenatal care” by Costa and Taquette<sup>15</sup>, result of the larger research “Adolescent sexual and reproductive health care and SUS health units in the city of Rio de Janeiro “ADOLESSUS”.

In this study, it was observed the need to expand and encourage the presence and participation of men in health services and in the context of training in child health. In this way, the project articulates teaching, research and

extension in the Integral Attention to Children's Health and allows undergraduate students to build a practice in new models in the context of children's health, seeking to articulate ethical and legal aspects, reception and humanization of care.

The objective of the project is to implement actions to promote the health of the child through the participation/inclusion of the father/stepfather in the health services in the first thousand days of the child (from pregnancy to the second year of life).

The project is developed through intersectoral, educational and professional training actions. In addition, educational groups, a nursing office, production of didactic material for distribution in consultations and events such as workshops are developed. These activities are carried out at the university and at Basic Health Units (BHU) in the city of Rio de Janeiro. The use of online platforms also enables the project to create Distance Learning (EAD) activities such as training courses.

The activities carried out by the project have the participation of professors and nursing students from the university in partnership with a multiprofessional team from the UBS involved in the city of Rio de Janeiro. The inclusion of the father/stepfather is a relevant point for the health of the child in the health services, being taken into consideration recently and with few investments in the theme.

### **Experiencing the project**

During 2019, the “Pai Presente” extension project had as its main place of action the basic health unit in Rio de Janeiro where the group meetings were held. The fellows participated in childcare nursing consultations, waiting rooms and educational activities were held, in which the introduction of the father figure in child care was stimulated, and also in the construction of the “father present space”, a place intended for playful interaction with children within the health unit.

That same year, the “Pai Presente” project participated in the event “I Ciranda da Criança”, in partnership with the extension projects: Nursing, Human Rights and Citizenship (EDHUC) and the “Bem-te-vi” Project with the proposed activity “Show your art”. The experience was so positive that the need arose to take the activity to the health service where the event “Festival: art in child health” was held, also presented at internal events in partnership with the “Gente Miúda” extension project.

In 2020, as a result of the COVID-19 pandemic, following health standards, activities were carried out online, and so it is currently. The first meetings took place via WhatsApp with the aim of adapting the project to the remote form, the first step towards this adaptation was the creation of the project profile on Instagram, which today has 179 followers, in which educational materials with themes about paternity are posted weekly activity and child health. With the visibility and insertion of the project on social networks, a Facebook page was also created, a fanpage used to promote the exhibition “The Art of Paternity”. Due to the growth of the project, it was integrated into the



Contents were published in it with the aim of informing the reader through photos, texts and interactive activities such as questions and polls on topics relevant to society.

In addition to the use of social networks, the project had digital platforms for holding meetings, since before the pandemic, meetings were held in person and now they had to be adapted to the digital format. The meetings in the new format had as their agenda the redirection of activities to online modality, the creation of new planning and content adapted to the new scenario and the possibility of holding lives with relevant themes about paternity.

In 2020 and 2021, the pandemic context caused changes to the Work Plan and the social impacts of the project gained new dimensions. It is no longer a local proposal, centered on the health unit and the academic environment. Due to the need to adapt the activities to the virtual environment, the project gained greater reach in the sense of disseminating the militancy of responsible paternity, active and affective paternity. The virtual environment, despite its limitations, revealed a strategy that provides another look and a greater range of new opportunities, showing positive aspects for the expansion of ideology in the political and theoretical sense, a fact observed in the interaction with other actors who militate over the same theme across the country.

The impossibility of welcoming families in the health unit, in person, in the current context, undoubtedly hampered the reception of families in health activities, however, the new modality of work, in a virtual environment, also showed other possibilities to carry out extension university that are also proposals that can provide other developments and partnerships for the project in the future.

### **Final Considerations**

The experiences arising from the extension project "Pai Presente" have enabled nursing students to experience satisfactory practical-theoretical teaching within the paradigm of "parenting", which is still little discussed and incorporated into child health education and services.

The performance of activities provides an exchange of experiences that expand the possibilities of discussion and encourage the father's participation as a protagonist in the construction of his child's well-being, in addition to encouraging greater adherence of users to health services.

Therefore, it is concluded that the proposal foreseen by the project has been collaborating to increase the visibility of the population and students about the importance of the father's proactive participation in society, demystifying the vision of the father's complementary participation in the children's lives.

This study has as limitations the fact that it deals with the experience referring to a health unit that may not reliably represent the other health services. Another limiting factor is the culture of devaluation of the father's participation, which makes their presence in the project's actions scarce, in addition to the difficulties inherent in the context of the COVID-19 pandemic that changed the dynamics of activities. Despite these limitations, the

"Life/Movement Committee for the valuing of paternity" group, a debate group with managers and a multiprofessional team with the theme of paternity.

In addition, there was an articulation of extension and undergraduate teaching with the "AISC Forum I, an activity carried out in partnership with the Comprehensive Child Health Care I subarea that is part of the curriculum of the 6th period of the nursing faculty, which aimed at the virtual debate on the topic of proactive paternity and they already have two editions.

Nowadays, when children tend to be entertained with technologies, the habit of reading as a family is very important for child development and a moment of strengthening family ties, a demonstration of affection and affection<sup>16</sup>. With that in mind, the project produced two children's stories, one in a comic book format entitled "Meu mundo, minha casa" presented at a scientific event and a second one entitled "The yellow centipede", both were published on the project's social networks.

Within the scope of scientific events, in 2020, the project had the work "The production of educational material in the extension experience of Nursing students" presented online, at the Brazilian Congress of Nursing.

### **Extension project challenges during the COVID-19 pandemic**

In December 2019, the new coronavirus, initially detected in China, spread around the world and in March 2020, which caused the death of thousands of individuals and social isolation to try to contain this new disease. Due to social isolation, several fields had to adapt to other formats so that they could continue their activities, in education this adaptation was also necessary. In order to maintain activities during this period of social isolation and reduce the consequences of the suspension of classes in the training of students, educational institutions adopted the remote format<sup>17-19</sup>.

Extension activities are carried out by several Higher Education Institutions, and these activities are aimed at meeting the demands of the population, contributing to the learning of academics, in which it is possible to build strategies that aim to promote care for this population. However, with the COVID-19 pandemic, there was a need to change the format of these actions and with that, the activities of the extension projects also had to adapt to the new context<sup>20</sup>.

Due to the current scenario, university extension activities had to adapt to the digital format, widely used in this new global scenario. These extension activities were affected by the COVID-19 pandemic, since the activities were carried out in specific places, with the participation of a target audience and with the arrival of the pandemic, one of the necessary actions is social distancing, with this these activities had to be suspended. For this reason, the project saw the need to use digital tools to continue the activities.

The use of social networks was an ally of the project so that it could carry out its actions remotely. Instagram was a social network widely used by the extension project.



publication of this work is relevant both for the training of future health professionals and for society, since the presence of the father/stepfather from pregnancy to the

growth and development of a child is a social determinant of health that influences different ways the aspects of the child and everyone around.

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