

**Interdisciplinary nucleus of study, research and extension in mental health: history under construction***Núcleo interdisciplinario de estudio, investigación y extensión en salud mental: historia en construcción**Núcleo interdisciplinar de estudo, pesquisa e extensão em saúde mental: história em construção***Bruno Pereira da Silva<sup>1</sup>**

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Acre, Brazil.**How to cite this article:**Silva BP. Interdisciplinary nucleus of study, research and extension in mental health: history under construction. Glob Acad Nurs. 2022;3(Spe.3):e319. <https://dx.doi.org/10.5935/2675-5602.20200319>**Corresponding author:**Bruno Pereira da Silva  
E-mail: [bruno.silva@ufac.br](mailto:bruno.silva@ufac.br)Chief Editor: Caroliny dos Santos  
Guimarães da Fonseca  
Executive Editor: Kátia dos Santos  
Armada de Oliveira**Submission:** 07-18-2022**Approval:** 09-23-2022**Abstract**

This work aims to report the experience of an extension program that became a research group registered in the national system of researchers. This is an experience report as a methodological strategy for describing the observation of reality, an action or a set of them, based on a practice or experience in teaching, extension, research or assistance. The Interdisciplinary Nucleus of Study, Research and Extension in Mental Health was born with a focus on university-society integration, prioritizing themes and needs of the local-regional community, created as an extension program with several extension actions, punctual and continuous, as well as research linked to it structured for the training of human resources, from extension workers and undergraduate researchers to stricto sensu graduate students. Acting in an interdisciplinary and multidisciplinary perspective in a collaborative way in the organization of health practices that meet the needs of the population, respecting the principles of the Brazilian psychiatric reform and contributing to the production of scientific evidence in an ethical and systematic way.

**Descriptors:** Mental Health; Community-Institutional Relations; Interdisciplinary Placement; Research Group; Interdisciplinary Research.

**Resumen**

Este trabajo tiene como objetivo relatar la experiencia de un programa de extensión que se convirtió en un grupo de investigación registrado en el sistema nacional de investigadores. Se trata de un relato de experiencia como estrategia metodológica para describir la observación de la realidad, una acción o un conjunto de ellas, a partir de una práctica o experiencia de docencia, extensión, investigación o asistencia. El Núcleo Interdisciplinario de Estudio, Investigación y Extensión en Salud Mental nació con un enfoque de integración universidad-sociedad, priorizando temas y necesidades de la comunidad local-regional, creado como un programa de extensión con varias acciones de extensión, puntuales y continuas, así como como investigación vinculada a ella estructurada para la formación de recursos humanos, desde extensionistas e investigadores de pregrado hasta estudiantes de posgrado stricto sensu. Actuar en una perspectiva interdisciplinaria y multidisciplinaria de forma colaborativa en la organización de prácticas de salud que atiendan las necesidades de la población, respetando los principios de la reforma psiquiátrica brasileña y contribuyendo para la producción de evidencia científica de forma ética y sistemática.

**Descriptoros:** Salud Mental; Relaciones Comunidad-Institución; Prácticas Interdisciplinarias; Grupos de Investigación; Investigación Interdisciplinaria.

**Resumo**

Esse trabalho tem como objetivo relatar a experiência de um programa de extensão que se tornou um grupo de pesquisa registrado em sistema nacional de pesquisadores. Trata-se de relato de experiência como estratégia metodológica de descrição da observação da realidade, de uma ação ou do conjunto delas, a partir de uma prática ou vivência no ensino, na extensão, na pesquisa ou na assistência. O Núcleo Interdisciplinar de Estudo, Pesquisa e Extensão em Saúde Mental nasceu com foco na integração universidade-sociedade, priorizando temas e necessidades da comunidade loco-regional, criado como um programa de extensão com diversas ações de extensão, pontuais e contínuas, bem como pesquisa a ele vinculadas estruturadas para a formação de recursos humanos, desde extensionistas e pesquisadores da graduação até os da pós-graduação stricto sensu. Atuando numa perspectiva interdisciplinar e multiprofissional de modo colaborativo na organização de práticas de saúde que atendam às necessidades da população, respeitando os princípios da reforma psiquiátrica brasileira e contribuindo para a produção de evidências científicas de modo ético e sistemático.

**Descriptoros:** Saúde Mental; Relações Comunidade-Instituição; Prácticas Interdisciplinares; Grupos de Pesquisa; Pesquisa Interdisciplinar.

## Introduction

The Brazilian public university is historically responsible for promoting the teaching, research and extension tripod for the formation of qualified human resources, for the production of qualified scientific evidence and cutting-edge technologies, of the most diverse, in favor of Brazilian society.

University extension, one of the bases of this tripod, must be developed to integrate university and society, with themes that prioritize the reality of the local-regional community. Being the extension divided into five modalities of extension actions: program, project, course, provision of service and event.

Following this logic, the Interdisciplinary Nucleus of Studies, Research and Extension in Mental Health - NUPESM was created and institutionalized in 2012 as an extension program, a set of other extension actions nested for a common objective with medium and long-term development<sup>1</sup>, at the Federal University of Acre – UFAC, Campus Floresta.

The creation of NUPESM considered the national and international scientific evidence that highlights mental disorders, emotional suffering and the consumption of alcohol, tobacco and other drugs - ATOD as important public health problems in the world, which demand special attention from both the State and the society.

Still, given the local lack of extension actions in this field, NUPESM was structured with the proposal to promote training, technical cooperation, advice in the field of Mental Health, ATOD and collaboration in the organization of health practices to meet the needs of the population, from an inter-institutional perspective in line with the national mental health policy based on the principles of psychiatric reform<sup>2,3</sup>.

Therefore, NUPESM is an Interdisciplinary nucleus, as it is made up of professionals from nursing, social work, psychology and occupational therapy; it is Studies because it counts on the participation of students from the undergraduate Nursing course at UFAC and in its interlocution with disciplines from the Political Pedagogical Project of the Nursing Course at UFAC<sup>4</sup>; of Extension given its actions aimed at the community, at the loco-regional reality and dialogue with the Institutional Development Project – PDI of UFAC; of Research based on scientific works developed, publicized and published.

It is Mental Health, as it means talking about a large area of knowledge and actions that are characterized by their broadly interdisciplinary, transdisciplinary and intersectoral character, with various knowledge that intertwine: nursing, medicine, psychology, psychoanalysis, socioanalysis, institutional analysis, schizoanalysis, philosophy, anthropology, sociology, history, to name a few<sup>5</sup>, a very extensive and complex area of knowledge<sup>6</sup>.

A decade later, in 2022, NUPESM becomes a research group registered in the Directory of Research Groups – DGP of the National Council for Scientific and Technological Development – CNPq and certified by UFAC. Taking a new place in the intra and extra institutional context to do interdisciplinary work in mental health.

The objective was to report the experience of an extension program that became a research group registered in the national system of researchers.

## Methodology

This is an experience report, descriptive study, from the Interdisciplinary Center for Study, Research and Extension in Mental Health - NUPESM. Institutionalized in a public university in Acre, initially as a program-type extension action that became a research group registered in the national system of researchers and certified by the university.

The experience report is a methodological strategy for describing the observation of reality, an action or a set of them, based on a practice or experience in teaching, extension, research or assistance.

Following the action-description-reflection perspective, NUPESM's memories and institutional records are accessed to describe the activities carried out over the last 10 years. Execution time of teaching-extension-research-assistance in the local-regional reality, in the interior of Acre, with projections for the inter-institutional and international relationship for the field of mental health. Memorizing is an individual and collective action and reporting it depends on the organization, a posteriori, of these fragments along the trajectory<sup>7</sup>.

The trajectory of this teaching experience will be narrated from the memories of the experience that result from the interpretation of what touched, affected and marked the situation experienced.

## Experience Report

NUPESM was born from the need to raise awareness, produce and disseminate knowledge in the field of mental health, ATOD through a set of other extension actions. Submitted to the institutional procedure of Continuous Flow with the Directorate of Extension Programs and Projects of the Pro-Rectorate of Extension and Culture - ProEx of UFAC under administrative process no. 23107.009235/2012-16, of June 1, 2012.

Several specific and continuous extension and research actions, as well as the production and publication of the knowledge produced, were developed within the NUPESM. All of them linked to disciplines in the area of knowledge in mental health, mental health nursing (CMULTI550) psychiatric nursing (CMULTI542), in interface with collective health, collective health nursing (CMULTI547), and training for research and extension through the disciplines experience in research and extension I (CMULTI570) and II (CMULTI571) of the bachelor's degree in nursing at UFAC, Campus Floresta<sup>4</sup>.

The NUPESM was composed, punctually and longitudinally, by four professors and 12 undergraduate nursing students, two professionals from the local, city and state health care network, as well as researchers from other states of the federation due to inter-institutional activities.

Events, courses, extension projects, research projects were developed, all related to the training of human resources that culminated in some scientific productions.



The main event of NUPESM was the Exhibition alluding to the National Anti-Asylum Day, with editions in 2012, 2013, 2015 and 2016 (without funding with issued certification); Training course on alcohol and other drugs for nursing students, in 2014 and 2016 (without funding with issued certification); Two extension projects carried out in partnership with the education and health networks, from Cruzeiro do Sul and Rodrigues Alves, respectively, Rodas de Conversa: educação em Saúde com teens, 2013 (funded via public notice DIPROEX/PROEX n.º 01/2013 with certification issued) and Implementation of the health program at school in Rodrigues Alves, in 2013 and 2014; Within the scope of the research, the project Occurrence of common mental disorders in pregnant women assisted in primary care in Cruzeiro do Sul-AC, 2016-2017 (FAPAC - Research Program for the SUS: Shared Management in Health FAPAC/SESACRE/PPSUS MS/CNPq - public notice PPSUS 001/2015).

The inter-institutional relationship generated some scientific productions: Didactic notebooks 2012, 2013 and 2014 and book chapter coordinated by the Center for Studies and Research on Alcohol and Other Drugs of the Health Sciences Center of the Federal University of Espírito Santo - CEPAD-CCS-UFES. In addition to these, an article from the specialization carried out by an extensionist professor, 20148 (SMAD - Revista de Saúde Mental Álcool e Drogas, national journal) and an article from the course conclusion work were also published<sup>9</sup> of graduates linked to NUPESM.

NUPESM is also designed for the training of human resources, an activity that began with guidance from extensionists participating in the most diverse actions (with a UFAC grant and volunteers), guidance from scientific initiation researchers (with PIBIC UFAC, FAPAC/CNPq grants and volunteers). Having the results of some of these projects also used for the production of graduation TCC. Also, it included the development of a master's thesis and a doctoral thesis of a researcher linked to the nucleus<sup>10,11</sup>.

There are currently specialization students in the multiprofessional residency modality and Master's linked to the core, with four residency completion work projects (TCR) and three master's dissertations in progress, respectively.

It is important to emphasize that the NUPESM team and its actions are in line with the principles of the Brazilian psychiatric reform. Following this logic, it promoted two visits to UFAC, in 2014 and 2015, to users assisted at the Psychosocial Care Center (CAPS) II Náuas. In these opportunities, users were welcomed and accompanied throughout the day by students of the undergraduate nursing course and were able to learn about the ways of accessing the university, the courses offered on the Campus visited and the structures, administrative and teaching laboratories, anatomy, microbiology, soils and paleontology. Action that we believe to be of extension, as well as social inclusion and therapeutic follow-up. Given, therefore, the logic of care in freedom and on a territorial basis.

The entire course of NUPESM as an extension program and its members as extensionists and researchers contributed to its change of intra and extra institutional status to a research group registered in the CNPq DGP certified by UFAC "[...] defined as a set of individuals organized hierarchically around one or, eventually, two leaderships: - whose organizing foundation of this hierarchy is experience, prominence and leadership in the scientific or technological field; - in which there is professional and permanent involvement with the research activity; - whose work is organized around common lines of research that are subordinated to the group (and not the other way around); - and which, to some degree, shares facilities and equipment"<sup>13</sup>. Which ratifies the need and importance of the concomitant development of extension and research actions<sup>14</sup> that aim at a real and reliable return to society.

## Conclusion

Since its inception, NUPESM has developed teaching, research and extension actions in the field of mental health in interface with other specialties in the area of health and nursing, in an interdisciplinary and multidisciplinary perspective in a collaborative way in the organization of health practices that meet the needs of the population, respecting the principles of the Brazilian psychiatric reform and contributing to the production of scientific evidence in an ethical and systematic manner.

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