

Reinvention of academic leagues in a pandemic period and interruption of face-to-face classes*Reinvención de ligas académicas en período pandémico e interrupción de clases presenciales**Reinvenção das ligas acadêmicas em período de pandemia e interrupção das aulas presenciais***Wenderson Bruno Herculano da Silva¹**

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Submission: 10-05-2020**Approval:** 10-31-2020**Abstract**

Academic Leagues are characterized as organizations formed by non-profit student groups, which develop didactic, scientific, cultural, and social activities with their members, which approach a particular area of health. This article is a descriptive, retrospective, and cross-sectional report, carried out from the experience of an Academic League at a private university in the State of Rio de Janeiro in 2020 describing their experiences obtained through the actions developed in 2020, during the pandemic caused by COVID-19 and the paralysis of classroom classes, virtualization of them and changes in the academic schedule.

Descriptors: Nursing Students; Leagues; Community-Institutional Relations; Universities.**Resumén**

Las Ligas Académicas se caracterizan por ser organizaciones formadas por grupos de estudiantes sin fines de lucro, que desarrollan actividades didácticas, científicas, culturales y sociales con sus miembros, que abordan un área particular de la salud. Este artículo es un informe descriptivo, retrospectivo y transversal, realizado a partir de la experiencia de una Liga Académica en una universidad privada del Estado de Río de Janeiro en 2020 describiendo sus experiencias obtenidas a través de las acciones desarrolladas en 2020, durante la pandemia causada por COVID-19 y la paralización de las clases presenciales, virtualización de las mismas y cambios en el horario académico.

Descriptoros: Estudiantes de Enfermería. Aleaciones; Relaciones Comunidad-Institucionales; Universidades**Resumo**

As Ligas Académicas são caracterizadas como organizações formadas por núcleos estudantis sem fins lucrativos, que desenvolvem com seus membros atividades didáticas, científicas, culturais e sociais, que acercam uma determinada área da saúde. Esse artigo trata-se de um relato descritivo, retrospectivo e transversal, realizado a partir da vivência de uma Liga Acadêmica em uma universidade privada do Estado do Rio de Janeiro no ano de 2020 descrevendo suas experiências obtidas através das ações desenvolvidas no ano de 2020, durante a pandemia causada pela COVID-19 e a paralização das aulas presenciais, virtualização das mesmas e mudanças no cronograma acadêmico.

Descritores: Estudantes de Enfermagem.; Ligas; Relações Comunidade-Instituição; Universidades.

Introduction

Academic Leagues (LAs) are characterized as organizations formed by non-profit student groups, which develop didactic, scientific, cultural, and social activities with their members, which approach a particular area of health. These activities are aimed at the growth and progress of students. The Leagues are administered by the students themselves, which requires an interpersonal articulation between their training group and creating managerial skills, with the guidance of one or more teachers¹.

These Leagues are formed respecting the constitutional principle that governs Higher Education, which is the inseparability between teaching, research, and extension, known as a university tripod. These organizations can be composed of students from only one course or from different courses, always respecting the statute that governs their training².

The history of LAs begins with the creation of the League to combat Syphilis at the Faculty of Medicine by the University of São Paulo. However, it was only in the years 1964 to 1985 during the military dictatorship that the leagues achieved a greater reach, as a way of questioning university teaching methods. This progress was so significant that it even generated an Association of Leagues in Brazil².

This body of students has become increasingly important in the contribution of science with its activities in the training of future professionals who will work in these areas. Following the same tripod of Universities that values the integration of the three strands, the Leagues aim to transmit theoretical / practical content in a systematic way, helping to complement academic learning and motivating students to constantly search for new information. Through teaching, critical and investigative thinking is also built, thus contributing to the dissemination of knowledge learned within university walls and leading to a contribution to the community, promoting the integration between university and community through extension³.

These groups played an important role during the pandemic caused by COVID-19, both in times of social detachment and in times of economic crisis that we are facing. Leagues carry out various activities during these laborious periods that society faces, reinforcing these organizations in a social context³.

At the end of 2019, 5 students from the undergraduate nursing course at Veiga de Almeida University came together to create the first Academic League of Collective Health in Campos Tijuca, LASC-UVA. They were divided into president, vice president, administration, marketing, and finance. They had the support of the course's sub-coordinator and were tutored by the University's Basic Network Management professor.

This report aims to describe the experiences obtained through the actions carried out by an academic League of a university in the State of Rio de Janeiro in 2020 during the pandemic caused by COVID-19 and the interruption of classroom classes, virtualization of them and changes in the academic schedule. As the LAs needed to reinvent themselves to continue supporting the linked

institutions and help students and the population to go through this moment of unprecedented crisis, thus being a reference for new ligands and Leagues to be founded, thus corroborating with the transmission of values.

Methodology

This is a descriptive, retrospective, and cross-sectional report, carried out from the experience of the Academic League of Collective Health of a private university in the State of Rio de Janeiro in 2020.

The experience report is a tool of descriptive research that presents a reflection on an action or a set of actions that address a situation experienced in the professional sphere of interest to the scientific community⁴.

For data collection, the following materials were used: Book Minutes of the meetings held by the president to discuss the activities to be prepared by the group and the projects to be carried out, schedule of activities produced by the team, worksheets to monitor the progress of students and reports of the meetings sent in the groups for control and compliance with the established deadlines.

Creation of several pages on social networks so that information and guidance on prevention about the new Coronavirus could be disseminated. Creation of a group through a telephone application in order to bring together different academic leagues distributed by the states of Brazil in different areas of activity so that they form an academic group in which they could discuss and think together on viable techniques to strengthen themselves as an academic group. The following groups were gathered in this group: Law, Medicine, Physiotherapy, Nursing, Social Work, Speech Therapy, Pharmacy, Nutrition, Dentistry, Occupational Therapy, History, Letters and Psychology, totaling 54 Leagues from different parts of the country.

Following the goals of a League in the context of teaching, LASC-UVA developed a study group so that they could help students improve their research skills and refine their critical and scientific thinking. A teaching and research group on scientific methodologies was created, where students participating in the League under the guidance of some teachers teach other students willing and interested to learn the entire research methodology from searching the data platforms through health descriptors until the construction of a field research project. As an aid to these students, one of the teachers at the Veiga de Almeida University offered to teach 2 theoretical / practical mini courses through the League to assist these students in their teaching. Lattes curriculum creation courses and how to organize references at Mendeley were taught, where undergraduates were able to learn step by step the use of these two virtual platforms, research monitoring is given every 15 days via web conference with the groups. The activities listed in this experience report are comprised between the periods from March 16 to October 3, 2020.

Experience Report

With the beginning of the pandemic and the changes that we face in the academic environment due to



the paralysis and virtualization of classes, interruption of supervised internships and cancellation of several face-to-face events that were already programmed in the university environment, many students faced difficulties in the new format of synchronous classes. discouraged by the possibility of losing the semester and at the same time afraid of the situation we were facing worldwide, marked by periods of uncertainty.

Facing these doubts, but willing to cooperate with the educational institution, LASC-UVA thought of strategies so that they could develop and bring information to the population through health education and exercise their role of extension in citizenship. With the creation of virtual communication channels, it is possible to reach out to several people in the country so that all interested parties can resolve their doubts with a specialist in Public and Sanitary Health. Questions were answered as they were asked, and people were able to have their questions answered by clarifying rumors and demystifying Fake News.

Another novelty that the world was going through and reinventing itself was the Lives and Web conferences in frequent ways, which in the past were normally used by companies for their business meetings, being little explored by the public. However, in the face of this public calamity and government restrictions on agglomerations, it became necessary for people to devise ways to stay together and connected and to form new ways of maintaining ties. Thus, Web conferences, Video Calls and Lives became popular⁵. This popularization of virtual activities caused by the pandemic in mass behavior prompted LASC-UVA to think of strategies that would bring comfort and encouragement to the academic environment, keeping students together regardless of the course and creating alliances between different academic areas.

With the creation of a group with LAs from different institutions and from different states, it is possible to have an exchange of experiences about which strategy was working in a state, how they were doing to continue their activities, which channels were working and close partnerships with other segments of education. Expanding in this way, the approaches to the general population.

Second study³, the work organized by the team that make up the leagues induces personal growth both in terms of professional training and general management skills. Students can apply in practice their knowledge acquired since the beginning of graduation in their activities developed for the academic and social community.

To improve and practice learning, LASC-UVA Started a group of academic research tutoring assisting students in

the Course Conclusion Work (CBT) and developing various surveys with students from different undergraduate periods, where they could learn to do integrative reviews, develop research projects, submission to the Brazil platform and field research. Today these groups continue with 5 field research approved by CEPs from different institutions and 14 scientific productions in progress. Monitoring is an opportunity for students to develop their inherent teaching skills, to deepen their search for knowledge in a specific area and to contribute to the teaching / learning process.

These groups meet every fifteen days to learn about research methodologies and develop their projects based on their areas of interest. There is a rotation between the effective members of LASC-UVA in the tangent of the responsibility of transmitting knowledge to students interested in learning the research methodologies. The binders are grateful to be able to contribute pedagogically to the learning of others and reap the benefits of the benefit by going deeper into research and the academic environment, in addition to observing through the other activities the needs of the community and being able to think of actions that can help them. Investigating these population interests, students can invite speakers from different areas to address the most relevant topics for the public.

Some of these needs observed were the importance of addressing issues such as: emotional health of the worker during the pandemic, mainly, to reach those who were on the front line, entered partnerships with nutritionists to talk about eating disorders due to isolation, and among the topics focused on public health, racism was also discussed with an activist from the black movement in Brazil and abortion with a lawyer linked to institutions to combat rape and violence against women.

Bringing a focus to university students, LASC-UVA held its first Virtual Symposium all focused on the Nursing Residency Program in Brazil. Where Residents from different areas of activity and from different educational institutions were invited to share their experience and how they managed to achieve the long-awaited professional residence, in addition to the participation of professionals who have worked for years in the areas that were addressed and all the reach that professional can have in his area of choice. They counted on professionals from Cardiology, Surgical Clinic, Women's Health, Child and Adolescent Health, Public Health, Obstetrics and Oncology. In this symposium, the students were able to get to know their areas of expertise in different states of Brazil and to answer the questions that most affected.

Chart 1. Mirror of the activities developed by LASC-UVA in the period before the pandemic until the beginning of the second half of 2020. Rio de Janeiro, RJ, Brazil, 2020

LASC ACTIVITIES - UVA 2020				
Date	Title	Type of activity developed	Finality	Specialty of the invited professional



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03/12/2020	Measles campaign	Support for the measles vaccination campaign in Nursing laboratories at the Veiga de Almeida University	Vaccination of the population of students, teachers and other employees of Universidade Veiga de Almeida and region.	Professional nurse specialist in Public Health.
05/08/2020	COVID-19	Social media posts	We intensified the disclosures about COVID 19, addressing prevention methods in addition to explanations about theories of how this pathology would have arisen and prevention methods.	No invitation from any professional was required
05/08/2020	Manchester Protocol	Social media posts	Guidance on risk classification according to the Manchester protocol.	No invitation from any professional was required
05/08/2020	Medicines and emergencies	Social media posts	Explanation of the most used medicines in emergency situations.	No invitation from any professional was required
05/15/2020	Addressing doubts about COVID-19	Web conference held by Instagram	Removal of doubts about COVID-19 through questions previously sent to Instagram and carried out in real time.	Professional nurse specialist in Public Health
05/18/2020	Chloroquine and Pandemic	Posting on social networks on the use of the drug chloroquine in cases of COVID-19	Guidance on the use of chloroquine.	No invitation from any professional was required
05/20/2020	YoTube	Creation of the LASC-UVA channel on YouTube	Increase the reach of disclosures.	No invitation from any professional was required
05/22/2020	Clearing doubts about COVID-19 - part 2	Web conference held by YouTube	Withdrawal of doubts about COVID-19 through questions previously sent and carried out in real time.	Professional nurse specialist in Public Health
05/27/2020	Washing hands to end COVID-19	Social media posts	Information on step-by-step hand washing in an appropriate manner to reduce the rates of disease transmission, especially COVID-19.	No invitation from any professional was required
05/30/2020	Chloroquine and COVID-19	Posting on social networks on the use of the drug chloroquine in cases of COVID-19	Video explanation of studies developed on the use of this medication around the world in a patient whose infection with the new coronavirus was confirmed through laboratory tests.	No invitation from any professional was required
06/03/2020	Masks save lives!	Social media posts	Guidance on the proper use of homemade masks as a measure to prevent contagion by the new coronavirus.	No invitation from any professional was required
06/04/2020	Vaccination also saves lives!	Post on social networks about the new vaccination calendar for Meningococcal ACWY	Guidance to the general public on vaccination.	No invitation from any professional was required
06/05/2020	The effect of the pandemic on workers' mental health	Web conference held by Instagram	Guidance on how to deal with the psychological effects in this pandemic period.	Professional psychologist with a doctorate in clinical psychology
06/07/2020	Postural effects during pregnancy	Social media posts	Explanation and video guidance on postural effects in pregnancy with examples of exercises to correct them.	No invitation from any professional was required
06/20/2020	Does structural racism really exist or is it an exaggeration of the black people?	Web conference held by YouTube	Conversation about structural racism and its effects on our society	Nursing professional with a doctorate in psychoanalysis.
06/22/2020	Diabetes Mellitus in a time of social distance	Social media posts	Video explanation of Diabetes Mellitus and its treatment in times of distance	No invitation from any professional was required



07/06/2020	Disinfection of the environment	Social media posts	Video guidance on how to disinfect surfaces using 70% alcohol.	No invitation from any professional was required
07/10/2020	Nutrition in times of social detachment	Web conference held by Instagram	Removal of doubts on how to maintain food properly even in times of social detachment, isolation, and home office. Previous questions were asked in real time.	Nutritionist and master's student in public health
07/14/2020	Mini course: How to formulate a Lattes curriculum?	Web course taught by a virtual meeting platform	Step by step to produce and update the Lattes curriculum.	Dental professional specialized in scientific research and production
07/16/2020	Mini course: Mendeley Platform	Web course taught by a virtual meeting platform	Step by step to use the Mendeley platform to format academic papers.	Dental professional specialized in scientific research and production
07/19/2020	Today syphilis	Social media posts	Video explanation of the etiological agent, transmission, and treatment of syphilis.	No invitation from any professional was required
07/25/2020	I LASC-UVA Virtual Symposium: Professional residency in Nursing and its main areas of expertise	Virtual symposium held through a platform commonly used for virtual meetings	Explanation of professionals based in the areas of activity most sought after by recent graduates and residents of these areas talking about their professional trajectory, study routine and day to day in the chosen area so that undergraduates have information about the experience of each area.	We have 13 nurses specialized in 6 different areas talking about their daily lives to an audience of 250 people
07/26/2020	Daily skin care	Social media posts	Video explanation of the importance of daily skin care and how to do it.	No invitation from any professional was required
08/02/2020	World Breastfeeding Week (August 1st to 7th)	Social media posts	Video explanation of the importance of breastfeeding for mom and baby and guidance on proper handling.	No invitation from any professional was required
08/16/2020	Types of Hepatitis	Social media posts	Brief explanation through a comparative table about the different types of hepatitis and its route of transmission.	No invitation from any professional was required
08/17/2020	Types of immunoglobulins	Social media posts	Brief explanation of the types of antibodies and occasions when they are detected in human organisms.	No invitation from any professional was required
09/01/2020	Yellow September Daily life support publications and providing emotional support channels in case of need.	Social media posts	Throughout the month of September, daily, messages of support for people in mental and psychological distress were published with the dissemination of organizations capable of providing help and support to these people.	No invitation from any professional was required
09/02/2020	Vaccines and COVID-19	Social media posts	Video explanation of WHO's most promising vaccines being developed to combat COVID-19.	No invitation from any professional was required
09/07/2020	Medical curiosities related to Dom Pedro I	Social media posts	Post commemorating Brazilian independence with information on epilepsy, as Dom Pedro I was affected by this pathology.	No invitation from any professional was required
09/10/2020	Abortion: We need to talk about!	Web conference held through online meeting platform	Virtual conversation groups to develop critical thinking about abortion and in situations	Professional lawyer with specialization in human rights



			where it is allowed under Brazilian law.	
09/14/2020	Chronic Respiratory Diseases	Social media posts	Video explanation with presentation of a mental map of chronic respiratory diseases.	No invitation from any professional was required
09/17/2020	Patient safety	Web conference held through Instagram	In celebration of the world day of patient safety, we promoted a live to highlight the importance of this theme at all levels of health care.	Professional nurse with specialization in operating room and doctorate in nursing
09/21/2020	Tuberculosis: transmission and treatment	Posting on national networks	Video explanation of pulmonary tuberculosis, diagnosis, its form of transmission and different treatment schemes.	No invitation from any professional was required
09/22/2020	National Immunization Program (PNI)	Social media posts	Video explanation of the PNI in celebration of its 47 years.	No invitation from any professional was required
09/28/2020	Bullying, more than a dull joke	Social media posts	Video explanation of bullying.	No invitation from any professional was required
09/29/2020	World Heart Day	Social media posts	Explanations and guidelines on prevention of major cardiovascular diseases in celebration of World Heart Day.	No invitation from any professional was required
09/30/2020	People need people. How are you?	Social media posts	Video produced to attract attention on the importance of suicide prevention, with global and national statistics on this topic. Ending the yellow September interaction.	No invitation from any professional was required
10/03/2020	Whose SUS is it?	Social media posts	Video produced to provide guidance on the scope and purpose of the Unified Health System.	No invitation from any professional was required

Conclusion

It became evident that academic leagues have great potential for transforming the scenario of university centers, through their actions of teaching, research and extension aiding and carrying out social transformation. LAs contribute to academic education not only in Nursing, but their actions encompass all other areas of knowledge, just as a league in a health course contributes to training professionals who value SUS while respecting its ethical and moral aspects, always valuing work inter and multidisciplinary through democratic and humanitarian spaces.

Acknowledgment

We are grateful to all the students and binders (members) who made their time available to dedicate themselves to the League's activities in this atypical year, even though they were experiencing emotional difficulties and some changes in their lives and routines, remained united in the purpose of generating value, not only for the linked University, but also for the society that is going through caliginous moments. To the teachers and professionals who embraced the idea of LASC-UVA and contributed with their teachings, time, and instruction, helping in the construction and dissemination of knowledge not only in academic channels, but also reinventing themselves to reach an entire society in need. The Academic League of Collective Health of the Veiga de Almeida University of Rio de Janeiro thanks everyone for their progress.

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