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TITLE: Mental health and worker's health promotion: Perceptions of Primary Care professionals

Name: Ivonete Teresinha Schulter Buss Heidemann / Leandro Martins Costa de Araújo / Lays Souza de Oliveira / Indiara Sartori Dalmolin / Jeane Barros de Souza / Michelle Kuntz Durand

Affiliation: Nursing Professor / PhD student at Federal University of Santa Catarina / Nursing / Master in Nursing / Ph.D., is Adjunct Professor, Department of Nursing of the Federal University of Southern Border/ PhD in Nursing Adjunct Professor of the Department of Nursing of the Federal University of Santa Catarina

Country: Brasil

Email ID: leandromartins19@gmail.com

ABSTRACT (upto 300 words)

To understand the perceptions of professionals working in Primary Health Care, regarding mental health aspects and health promotion at work. A qualitative study was conducted, articulated with Paulo Freire's Research Itinerary, which consists of three moments: thematic research; encoding and decoding; and critical unveiling. The information was collected in six Culture Circles, three in one Health Unit and three in another, from a municipality in southern Brazil, from November 2018 to April 2019. 32 people took part, including managers and health workers. The investigation revealed seven themes, which were unveiled in two themes: mental health and human health. The results expressed that loneliness, lack of friends and depression are emerging difficulties that advocate the promotion of mental health of the Primary Health Care worker and that continuing education on the subject is necessary, because professionals lack the support of managers and of the institution. Still, the organization and work environment interfere in the mental health of the worker, who cares more about the other than about themselves. The workers suggested psychological support, time to take care of themselves and thus develop self-care. It is concluded that there is a need to discuss the mental health of workers who experience their work process in Primary Health Care to improve the quality of life.

BIOGRAPHY (upto 300 words)

Leandro Martins, 36 years old, Graduated in Nursing from the Federal University of São João Del-Rei (2017) and Master in Nursing from the Federal University of São João Del-Rei (2020). He is currently a doctoral student at the Federal University of Santa Catarina (UFSC). Experience in research focused on mental health and health promotion. Member of the Nursing Research and Health Promotion Laboratory (LAPEPS - UFSC) and Reviewer of the Global Health Promotion journal.



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Presenter Name: Leandro Martins.
Mode of Presentation: Oral.
Contact number: +55 032-9 9197- 8773



SCIENTEX CONFERENCES LLC

1309 Coffeen Avenue STE 1200, Sheridan, WY 82801, United States
www.scientexconference.com

mentalhealth.scientexconference.com

mentalhealth@scientexconferences.com

+1-213-463-2413