

## Each reading is a seed – prescribing books and links at the School of Patients DF

Estevaso Cubas-Rolim

*E Cubas-Rolim<sup>1,2,3</sup>, FR Yung<sup>2</sup>, MR Gripp<sup>2</sup>, CLA Oliveira<sup>2</sup>, LA Marques<sup>2</sup>, MC Fagundes<sup>2</sup>, BV Souza<sup>2</sup>, L Ribeiro<sup>2</sup>, E Tostes-Faria<sup>2</sup>, F Santana<sup>1</sup>*

<sup>1</sup>Secretaria de Saude - Distrito Federal, Brasilia, Brazil

<sup>2</sup>Universidade de Brasilia, Brasilia, Brazil

<sup>3</sup>Universidade Euro-Americana, Brasilia, Brazil

Contact: estevaocubasr@gmail.com

### Issue:

The fragile reading habit is a common feature in Brazil, having wide negative impacts in Health and Education areas. Itapoã-DF presents important social vulnerabilities with challenges about the reading habit. Stimulating individual reading from early childhood to elderly, associated with positive reinforcement during doctor appointments, is a way to provide health education.

### Description of the problem:

In October of 2016, the “Prescreva um Livro” (prescribe a book) project began from childcare doctor appointments, by encouraging children with books and the borrowing of material, in addition to positive reinforcement in consultations. In 2019, book references for adults were incorporated into the chapters of the School of Patients DF - especially for prenatal care and chronic conditions such as hypertension. It highlights the potential of primary care as point of encouragement for reading and community support, reading coordinator.

### Results:

The Reading stimulus brought, since 2016, a change in the relationship of young people with the service, making it a space of curiosity and fun instead of “fear of needles”. The importance of primary care in constructive stimuli to reading is reinforced even more considering the difficulties of education in Brazil.

### Lessons:

Initially focused on children and adolescents, the practice was incorporated into the health education strategy of the School of Patients, grouping prevalent comorbidities and printed guidelines delivered at each consultation. The participating children reported the stories they had read at subsequent visits. This feedback reinforces the influence that the primary care environment can have in several areas of the user’s life, including reading

**Key messages:**

- Waiting rooms and home visits are opportunities to exchange information also of a literary nature.
- The stimulus to reading is vital for the full exercise of citizenship, and health services can be a reference for reading.